

ATHLETICO

PHYSICAL THERAPY

WINTER RUNNING TIPS

How to stay safe, warm and strong



Featured Speakers

Coach Mark Buciak

- Veteran of 62 marathons including 39 straight Boston Marathons and 7 Chicago Marathons.
- Program Director for The Road To Boston Training Program

Rae'lyn Cooper, PT, DPT

- Physical Therapist, Athletico Physical Therapy

Topics Include

- Warm-up prep
- Safe training methods for winter running
- When not to run outside
- Cross training
- Injury prevention
- Post run stretches
- Using a logbook
- Fuel for runners
- Q & A

All Runners Welcome

From the weekend warriors or runners preparing for the Shamrock Shuffle 8K, to those training for a Spring Half or the Boston Marathon – come join us!

TUESDAY
JANUARY 8TH
8:00PM – 9:00PM

Athletico Lincoln Park East
2400 N. Sheffield Ave.
Chicago, IL 60614

Free Seminar

Free Parking

**To reserve your spot and
email your questions in
advance, please email
Coach Mark at
theroadtoboston@rcn.com**

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