

ATHLETICO

PHYSICAL THERAPY

Final Tips for Your Best Marathon

Learn last minute tips from the experts that will make your marathon successful, safe and fun

Monday, September 23, 2019
8:00PM - 9:00PM

Athletico Lincoln Park East
2350 N. Lincoln Ave., Ste. 200
Chicago, IL 60614
Free Parking

Featured Speakers:

Coach Mark Buciak, QCC

Veteran of 63 marathons including 40 Boston Marathons and 7 Chicago Marathons, Program Director for The Road To Boston Training Program

Angela Bleacher, PT, DPT, CMPT

Physical Therapist, Athletico Physical Therapy

Topics Include:

- Proper tapering
- Dealing with injuries
- Proper fueling
- Breaking through the wall
- Tips for the week and day before the marathon
- Tips for Marathon Morning
- Q&A

To reserve your spot for this free seminar, please RSVP to Coach Mark at theroadtoboston@rcn.com

athletico.com

