

ATHLETICO

PHYSICAL THERAPY

FREE SEMINAR!

WINTER RUNNING TIPS

How to stay safe, warm and strong

Featured Speakers

Coach Mark Buciak, QCC

- Veteran of 63 marathons including 40 straight 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

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| ▪ Warm-up prep | ▪ Injury prevention |
| ▪ Safe training methods for winter running | ▪ Post run stretches |
| ▪ When not to run outside | ▪ Using a logbook |
| ▪ Cross training | ▪ 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!

**WEDNESDAY
JANUARY 8TH
8:00PM — 9:00PM**

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

**Free 90 minute parking in
the attached garage with
Athletico validation**

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

athletico.com

