



Running Analysis and Performance Program

Was this year the successful running campaign that you had planned on? Did you improve upon prior personal records, compete in your full calendar of events, and stay healthy doing so? If not, why? Was it that nagging injury that reared its head three weeks before race day again? Did a new malady make itself known? Or did you simply hit "The Wall" and not know how to get beyond it?

This program is for high level athletes and beginners alike. Individuals will be assessed and taken through corrective programs based on their distinct presentation. Whether you are hoping to introduce running into your fitness program for the first time, stay injury free as you train for your next marathon, or set your PR in an upcoming 10k, this program is for you. Let us help you make this year the one you have been hoping for, and experience the advantage that running-specific training offers.

Program Highlights:

- Video Analysis.
- Physical Exam specifically geared for runners.
- Learn your running grade.
- Customized Exercises.
- Focused training for performance enhancement.
- Injury prevention.
- Super Feet will be available for purchase.

**PLEASE RSVP BY:
JANUARY 27TH
PH: (607) 217-0827**



**Mark your calendar: Wednesday,
February 1st @ 6:30PM**

