

Attend the 8th Annual Running Symposium To Learn the Physical and Nutritional Needs to RUN Any Distance from a 5K to an Ultramarathon

Hands-on Symposium!

- **Sport Nutritionist** will help you understand the nutritional needs your body needs to run, and if sport drinks and Power gels really help.
- Watch yourself run from every angle and learn how Running Form can lead to injury or increase energy costs.
- Find out if you have the strength and flexibility needed to run and the right techniques to improve
- Learn how functional fascia training can prevent injuries and increase elasticity and running efficiency.

Presenters:

Nicole Kerneen, RD,CD,CSSD,CPT— *Nutritional Needs for Runners.*

Larry Sandberg, DPT — *Training to Improve Running Performance and Flexibility*

Kevin Conto, PT, ATC, COMT — *Running Form*

LaMoyné Hawley, L-ATC, CSCS, FMS — *Inside-Out Strength Training*

Dino Laurenzi, L-ATC, C.E.S., FMS, TRX SMSTC Instructor — *Functional Fascia Training*

Limited Seating - Reserve your seat today!

Dress to Participate in the Group Break-out Sessions

Sign up to try our **NEW**
Underwater Treadmill

with video analysis at Somers
Medical Office Building



Running Symposium

Date: May 12, 2016 (Thursday)

Time: 7:00 PM – 9:00 PM

Location: Pleasant Prairie RecPlex

9900 Terwall Terrace

Lakeview Room

Pleasant Prairie, WI 53158

Cost: Free – Open to the Public

Register at:

RecPlex Fitness Center

or

UHS Rehab Department - (262) 577-8725