Froedtert & Medical College of Wisconsin

Kenosha Medical Center | St. Catherine's Medical Center

10th Annual Running Symposium

Learn the A, B, C, and D's of Running



Hands-on Symposium!

- Learn the 4 phases of the running cycle and exercises to master each.
- Learn about the most common running injuries, their causes, and what to do to overcome them while staying on course with your running program.
- Learn how balancing tissue adaptation determines success or failure.
- **Podiatrists** will be assessing your feet to identify possible causes for current and future problems with foot structure/alignment**.**
- **Performance Running Outfitters (PRO)** will be available with the latest in shoes and running accessories.

Presenters:

Dr. Tony Montemurro, Board Certified Surgeon, DPM, DPT – ***Foot and Ankle Assessment***
Dr. Diana E. Rogers, Board Certified Surgeon, DPM – ***Foot and Ankle Assessment***
LaMoyne Hawley, L- ATC, CSCS, SFMA –**Strengthening the Running Cycle (*Phases A & C)***
Larry Sandberg, DPT – **Functional Flexibility in the Running Cycle (*Phases B & D)***
Kevin Conto, MPT, ATC, COMT – ***Running Injuries and Tissue Adaptation***

If you would like to participate in one of the assessments, please notify the secretary when you call to register.

Limited Seating- Reserve your seat today!

RecPlex

PERFORMANCE RUNNING OUTFITTERS

KENOSHA RUNNING CLUB Running for Life



Running Symposium
Date: May 10, 2018 (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
Froedtert South Rehab Department - (262) 577-8725