



Appalachian Physical Therapy, Inc.

*"There's a difference you can feel"*

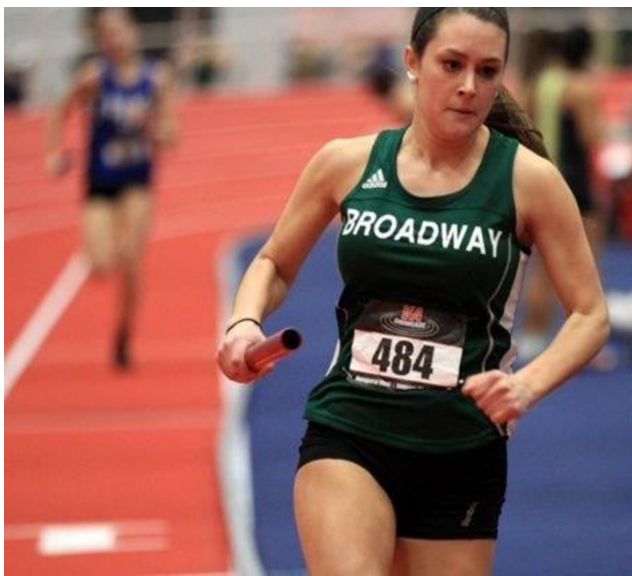
# Runner's Clinic

*Presented by*

*Adam Van Nortwick PT, DPT*

*Jennie Grove PT, DPT, CSCS & Dan Mills PT, DPT*

An interactive discussion on...



- Proper foot mechanics
- Understanding gait
- Latest running research
- Shod versus barefoot running
- Avoiding training errors
- Proper foot wear selection from *Erik Jensen* of **Bluestone Bike and Run**

***Bring your running shoes for a footwear and gait evaluation.***

**Tuesday, February 19, 7pm - 8:30pm.**

*Hosted at Appalachian Physical Therapy (Harrisonburg office)*

*(Located between Kohl's and Martin's Food Market)*

**Please call or email us to reserve your seat.**

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Harrisonburg Office

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