



RUNNER TO RUNNER: A Path to a Healthy Finish Line

Expert advice from actual runners

When: March 30, 2010, 6:00–8:30pm

Where: Exeter Hospital, 5 Alumni Drive, Exeter, NH 03833, North Conference Rooms

Registration Required – 603-580-6668 (No Fee)

Prizes and raffles • Ask about our Running Program at Synergy Health & Fitness

Featured Guest Speaker

Aaron Colman, MD, Core Orthopaedics
Running and Triathlons: An Orthopaedist's Experience

Guest Speakers

Joe Bernard, DO, Core Orthopaedics
Common Running Injuries: Conditions and Treatment

Jim Dolan, DPM, Core Podiatry
Doctor's Orders: Selecting the Proper Running Shoes and Orthotics

Breakout sessions will include:

- Strength and conditioning exercises
- Starting a running program
- Nutrition and hydration
- Flexibility and strength analyses
- Video gait analyses
- Work out tips for exercising in hot and cold weather

Booth Experts: Physical Therapists • Certified Athletic Trainers • Personal Trainers • Strength and Conditioning Trainers • Physician Experts – Orthopaedists, Podiatrists and Sports Medicine Specialists

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