

Run Smarter-Tri Harder

Runner & Triathlete Seminar

New and seasoned athletes of all ages
this clinic is for you!

Presented by:

The Athletic Medicine Institute (AMI) at McLaren Macomb



Saturday, January 20, 2018

McLaren Macomb, Lower Level East Tower Auditorium

Program:

9:00 AM Doors Open

9:30 Guest Speaker: Dr. Kurt Kieleszewski, D.O., McLaren Macomb AMI Medical Director

9:30-12:30 Gait Analysis, (Limited to first 14 on-line registrants) Gary Lutes PT

10:00 AM & 11:00 AM Simultaneous Lectures

- Common injuries for the runner and triathlete: Dr. Kurt Kieleszewski,
- Dynamic warm up for the runner/triathlete: Dan Durecki PT, McLaren Macomb
- Footwear; Selecting the shoe that's right for you: Kevin Hanson, Bob Busquaert, Hansons Running Shop
- Proper bike fitting and bike tech advances: Taylor Rogers, Fraser Bicycle
- Training for the beginner triathlete: Justin Herrick USAT Level 1 coach, Danna Herrick Ironman finisher

12:00 PM **Keynote Speaker: Amy Gluck**; 5 time Kona qualifier, competed in 9 Ironman races, USAT 5 time All American, and Certified Ironman Coach. Amy is currently conquering unique challenges on her journey back to Ironman following a 2012 life-altering accident while training for Kona.

Cost: \$10

All attendees receive a \$10 coupon from Hanson's Running Shop. Must be present to receive. Registration is required. **To register visit www.eastsideracingcompany.com.**

Vendors, Raffles, Snacks, Information

For more info contact Jeannine Hurst, McLaren Macomb Athletic Medicine Institute at (586)992-9031 or email at Jeannine.Hurst@mcclaren.org

