

Summer Running Seminars

Presented by Select Physical Therapy in conjunction with RunAbout Sports

Over the course of the summer, we will take time to discuss some of the current “hot topics” in the running world, examine ways of improving running performance, and develop strategies for preventing injuries.

June 23, 2010 7:15 p.m. Location: RunAbout Sports

Can barefoot running prevent injuries?

- We will take a look at the science behind barefoot running and discuss the impact of one of the most controversial and passionate debates in running.

July 21, 2010 7:15 p.m. Location: RunAbout Sports

Fartleks, Intervals, LSD...Who cares! I just want to run

- For this seminar we will take a look at how proper training can improve performance and prevent injuries.

August 18, 2010 7:15 p.m. Location: RunAbout Sports

Impact of Aging on running performance

- We will conclude the summer by examining normal age related changes that effect running performance

Presented by: T.J. Stites, P.T., Select Physical Therapy in Christiansburg (540) 381-4166

- TJ has practiced as a physical therapist for over 10 years and will complete his advance certification in Manual Therapy this year. Also, he is a competitive age group triathlete who finished 1st overall in his age group for the 2009 season of the Virginia Triathlon Series

Hosted by RunAbout Sports: James DeMarco, Owner

- Currently James is the running coach for the nationally recognized Blacksburg Bruins. He also received All American honors running cross country for South Dakota State University.

RunAbout Sports
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Questions? Call Select Physical Therapy at (540) 381-4166
RunAbout Sports at (540) 552-9339