

## RunSmart Book Release - Austin

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Welcome to the official book release party for "RunSmart: A Comprehensive Approach To Injury-Free Running" - live from Austin, Texas at 7:00 pm central time. The live videostream should begin at approximately 7:15 pm central time with introductions and some words from the author, Allan Besselink, PT, Dip.MDT - Director of Smart Sport International and the Smart Life Institute.

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For those who weren't able to make it, here it is!!

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The Smart Life Institute network feed can also be found at [www.ustream.tv/channel/smart-life-institute](http://www.ustream.tv/channel/smart-life-institute).