

## RunSmart Q&A At RunTex

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The Austin Marathon weekend is upon us. It's time to put all of that hard training to the test this Sunday, February 15.

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With this in mind, Allan Besselink will be doing a RunSmart open question and answer session at RunTex (422 Riverside Drive) at 11:00 am on Saturday, February 14. Allan will have copies of his book "RunSmart: A Comprehensive Approach To Injury-Free Running" available for purchase.

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Stop by on your way to or from the marathon expo ... and remember - "RunSmart" is a great Valentine's Day gift for your sweetie, or a fine memento of your trip to Austin for the marathon!

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Good luck to everyone that is running this weekend.Â