

## RunSmart Interview - "The Authors"

Contributed by Administrator  
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Prior to my book signing at Leeds County Books in Brockville, Canada in August, I was interviewed by Doreen Barnes for BrockNewsTV. They have recently posted the interview online:

Many thanks to Dale and Doreen of BrockNews TV, and my hosts Jake and Pat Belanger and Russ Disotell of Leeds County Books for their support.

"RunSmart: A Comprehensive Approach To Injury-Free Running", is available at Lulu.com and Amazon.com, along with RunTex Riverside and South Congress Athletic Club in Austin, Texas and Leeds County Books in Brockville, Canada. There will also be a book signing and discussion at RunTex on Saturday, December 12 at 12:00 pm. Meet-and-greet starts at 11:30 am.