

RunSmart At The Austin Marathon Expo

Contributed by Administrator
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RunSmart will be making an appearance at the Austin Marathon Expo!

An educational session entitled "RunSmart: An Evidence-Based Approach To The Injured Runner" is scheduled on Saturday February 13, 2010 at 5:00 pm during the Austin Marathon Expo at the Palmer Events Center (900 Barton Springs Road). Allan Besselink, PT, Dip.MDT, Austin physical therapist, endurance sports coach, and author of "RunSmart: A Comprehensive Approach To Injury-Free Running", will discuss the causes of running injuries, the currently-held beliefs, and the present evidence on effective treatment of them.

This is a free event. Copies of the book will be available for purchase and signing.

Update 2/10/10: Books will be available at the RunTex booth, and I will be at the RunTex booth Friday 5:00 - 6:00, Sat 11:00 - 12:00 and 3:00 - 4:00 - answering questions, signing books, and helping out the good folks at RunTex!