

## RunSmart At The Austin Marathon Expo

Contributed by Administrator  
Tuesday, 02 February 2010  
Last Updated Thursday, 11 February 2010

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!