

Memorial Hermann Sports Medicine Institute 2010 PRE-RACE SHOWCASE

Presented in conjunction with the Chevron Houston Marathon

Saturday, July 18, 2009 • 10 a.m. – 2 p.m.
CityCentre Life Time Athletic Club • 815 Town & Country Lane, Houston, TX 77024

Are you ready to go the distance?

Let us help you set the pace as you start to prepare for the big race. Learn from the experts who can provide training tips and techniques for novice runners, experienced marathon competitors and athletes at every skill level in between.

Event highlights:

- Opportunities to “Ask the Expert”
- Access to representatives from the Chevron Houston Marathon
(Don't forget registration for the 2010 marathon opens at midnight on July 17)
- Opportunity to tour the new state-of-the-art CityCentre Life Time Athletic Club
- Exhibits featuring Houston-area running clubs
- Performance testing information and demonstrations
- Onsite injury assessment
- Prize drawings for marathon entries, performance testing packages at the Memorial Hermann Sports Medicine Institute and a free 3-month membership to CityCentre Life Time Athletic

EXPERT PRESENTATIONS INCLUDE:

- Supplements for endurance athletes: What works and what's a waste of money?
– *Roberta Anding, M.S., R.D./L.D., C.D.E.*
- How to use VO₂ Max and lactate testing to supplement your training
– *Terry Dupler, Ph.D., C.S.C.S.*
- How to incorporate strength training into a marathon preparation program
– *Bill Amonette, M.A., C.S.C.S.*
- Foot pain and the use of orthotics: Do they help?
– *Brad Cooper, L.A.T.C.*
- Elements of a successful training program
– *Patty Chesnik, R.N., Houston Fit organizer*
- Shoe mechanics and the importance of a proper fit
– *Bert Gulleddge, Manager and Buyer for Luke's Locker*