

Runner's Night at Bronson Athletic Club

Presented by Kalamazoo Area Runners, Bronson Athletic Club,
Bronson Orthopedic & Sports Medicine, and Gazelle Sports

Thursday, January 26, 2012

5:30 p.m. - 8 p.m.

The evening will include:

6:00 pm. - 6:30 pm. The Runner's Toolbox Workshop
Rob Lillie, General Manager, Gazelle Sports

6:30 pm. - 7:00 pm. New Trends in Running: Total Body Conditioning
Steve Lewis, M.A., CSCS and USAW Senior Coach,
Bronson Athletic Club

7:00 pm. - 7:30 pm. Injury Prevention: Special Considerations for the Marathon and Beyond
Dr. Terry Nelson, Bronson Orthopedics & Sports Medicine

There will also be:

- Tours of the Bronson Athletic Club
- Refreshments
- Information Booths and Giveaways

FREE TO THE RUNNING COMMUNITY!



www.bronsonathleticclub.com

www.kalamazooarearunners.org