



Train for the Gate River Run

Join us Saturdays, January 17 through March 7
@ 8:00 am

Amelia Parkway Medical Plaza
2416 Lynndale Road

We will start with a 30 minute talk on fitness and training,
followed by runs or walks of increasing distance each week.

Runners and walkers of all ages and abilities are welcome.

January 17	Training. Physiologic Benefits	Greg Carr, PT; Heartland
January 24	Strengthening to Prevent Injury	Lora Bunkley, PT, ATC; Heartland Bryan DeMarco, PTA, Heartland
January 31	Stretching for Runners & Walkers	Chad Mathieu, ATC Amelia Island Personal Fitness
February 7	Knee Injuries: Prevention and Treatment	Nancy A. Felix, MD Orthopaedics & Sports Medicine
February 14	Foot Injuries: Prevention and Treatment	Joy Anderson, DPM Amelia Island Foot and Ankle
February 21	Nutrition for Sports	Andra DeVries, RD, LD
February 28	Staying Fit All Year	Doris Glover Amelia Island Personal Fitness
March 7	Race Strategy. Keeping It Fun.	
March 14	The Gate River Run	

