

Runners Clinic at the Lab

www.bitly.com/ucsf-runners

Register:

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When:

Last Wednesday of the month:

Jan 30

Feb 27

Mar 27

Apr 24

May 29

Jun 26

Jul 31

Aug 28

Sep 25

Oct 23

Nov 20

Time: 5-7 p.m.

Location:

Motion Analysis &

Sports Performance Lab

2401 Shadelands Dr., Suite 170

Walnut Creek

Open to: Athletes age 9-25

Cost: \$75/person

More info:

925-979-3430



If running is a part of your sport, we want to help you make running effortless, move more efficiently, run faster, avoid injury, improve your performance, and get better results.

At the clinic, each runner participates in the Runners Biomechanic Screen which includes:

- Slow motion video analysis.
- Footwear, strength, flexibility, and posture assessment.

Runners will receive:

- Individualized run and training exercises based off their Runners Biomechanic Screen.
- Runner-specific nutrition information from our sports nutrition registered dietitian.