

On Your Mark, Get Set

May 22, 2017 **RUN!**

6-8pm Summer Running Kick-Off Event & Shoe Expo
at Mercer Health inside Meeting Rooms, 800 W Main St. Coldwater, OH

Presented By: **Community Sports & Therapy Center,
Can't Stop Running Company, & Mercer Health**

Open to the Public. All Runners and Walkers welcome!

Event will include:

Must Run Program Screens for Functional Strength/Stability

Healthy Eating Tips by Nutrition Services

Presence of PT Staff for Questions on Running Injuries & Injury Prevention

Wellness Tips, Couch to 5K, BMI & MedGem System Info by Weight Management

Running Apparel/Accessories & Running/Walking Devices for Purchase

Shoe Expo:

Professional shoe fittings and demos with an opportunity to take the shoes for a run before purchase. Special promotions on shoes ordered at the event!

Door Prizes: **New Pair of Running Shoes, Garmin GPS Runners Watch, Grand Lake Entry, Free MUST Run Eval & more!!**

*Entry forms will be available for Grand Lake Marathon,
Mercer Health 5K Challenge and Little Foot Running Club*

