

ARE YOU A RUNNER OVER THE AGE OF 30?



PARTICIPATE IN A RESEARCH PROJECT

•MATURE RUNNERS: THE EFFECT OF TRAINING SHOES UPON RUNNING KINEMATICS•

UNIVERSITY OF KANSAS ORTHOPEDICS & SPORTS MEDICINE DEPARTMENT

Oct 26th and Nov 23rd

PLEASE CALL 913-945-6289 FOR MORE DETAILS

Participants will be asked to run on a treadmill in their personal running shoes and barefoot. Must be able to run comfortably for 2 minutes up to 9 mph (males) or 8 mph (females). Must have 10 years of running experience and be between the ages of 30-60. Time commitment as a participant will be approximately 1 hour. Complimentary gait analysis available to all participants.

GET YOUR INDIVIDUAL RESULTS!