

Gulf Winds Track Club
February Learning and Education Meeting
Premier Health and Fitness Center
Tuesday, February 13, 2018
7:15 P.M.

Hurt Less and Run More

Running Injury Recovery and Prevention

You put a lot of stress on your feet with each step of your run. Foot injuries can cause pain from your toes up through your back. If you are feeling pain either during or after you run, it's a great time of year to get healed so you can be at your best for the spring 5K race season.

Your presenter is George N. Merritt, DPM, MS.

Dr. Merritt is the owner and president of Tallahassee Podiatry Associates, PA. He received his undergraduate Bachelor of Science degree from Florida State University in 1975 and later received his Doctoral of Podiatric Medicine from California College of Podiatric Medicine in 1979. He is certified in Foot and Ankle Surgery through the American Board of Foot & Ankle Surgery.

Dr. Merritt is also an adjunct professor at Barry University, College of Podiatric Medicine through the Tallahassee Memorial Residency Program.

George is the proud father of two and grandfather of five with number six's debut March 2018! He has completed three marathons including the Boston Marathon and competes in three triathlons each year. His hobbies include tennis, jogging, and the appreciation and collecting of time pieces.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more. See you there!

Space is limited. Sign up at <https://hurtlessrunmore.eventbrite.com>

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