

Gulf Winds Track Club  
September Education and Lecture Meeting  
Momo's Pizza (1410 Market Street)  
Sunday, September 9, 2018 at 4:00 p.m.

## **Avoid and Treat Injuries for Faster Recoveries and Fastest Times**

Learn to identify and treat the most common foot and ankle problems for runners and triathletes so you can train harder, get faster and beat your personal records. An injury may keep you out of a race or worse, reduce or eliminate your workouts. Instead, learn what the best amateur and collegiate athletes do to avoid and recovery from injuries.

September's Education and Lecture Series will help you maximize your fitness and running goals by avoiding and treating injuries.

- Ankle sprains: How to avoid them and treat them when they happen.
- Diagnosing and treating heel pain.
- Is it tendonitis or a stress fracture? How to know before you run too far.
- Common injuries that cause pain for a lot of runners.
- Training recovery strategies to avoid cramping as you increase your mileage.

Your presenter is: Aaron Guyer, M.D.

Dr. Guyer is a partner at Tallahassee Orthopedic Clinic and currently the Chief of Orthopedics at Tallahassee Memorial Hospital. He is also the team physician for the Florida State University Track and Field and Cross Country teams and a specialist involving the foot and ankle. Dr. Guyer is active in running, cycling and triathlons with 2018 3<sup>rd</sup> place overall finishes in the St. Marks Duathlon, Red Hills Triathlon and Steve Reker Memorial Masters 40 plus Road Race (cycling.) His accomplishments also include overall winner in the 2016 and 2017 Capital City Cyclists Spaghetti 100 and a sub-12 hour finisher in Leadville 100 Mountain Bike Race in 2014 and 2018 in Leadville, Colorado along with many other athletic accomplishments.

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

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