

# Perfect Runner's Day



**Join us for a free run, workshop,  
food, prizes, and much more!**

Start your day with an energizing 60-minute run! Afterward enjoy refreshments while industry experts reveal their secrets of nutrition, strength training, proper running equipment and more.

**Hosted by | Fleet Feet Sports Store Annapolis  
and Active Body & Health, Inc.**

## Run

8:30 am to 9:30 am

## Nutrition | Fuel & Recovery

Speaker | Lynn Moseley | MPH, RD, LDN | Nutrition Expert  
9:30 am to 10:00 am

## Strength Training & Injury Prevention

Speaker | Denese Waldman | M.S. ; NSCA - CPT | Fitness Professional  
Active Body & Health, Inc. | 10:00 am to 10:30 am

## Endurance Training & Proper Running Equipment

Speaker | Scott Broerman | Owner of Fleet Feet Sports Store Annapolis  
10:30 am to 11:00

**When: Saturday, July 18th | Where: 318 6th Street Annapolis, MD 21403  
To Register: Please call Fleet Feet Sports Store Annapolis | 410.268.6290**



[www.fleetfeetannapolis.com](http://www.fleetfeetannapolis.com)



[www.activebodyandhealth.com](http://www.activebodyandhealth.com)