



(formerly the Stride Clinic)

Let us help you run with less effort, fewer injuries, and more joy.

👣 Experienced or novice runners (& walkers) are evaluated by our team of running coaches, podiatrists, physical therapists, massage therapists, and shoe specialists who advise on posture, cadence, biomechanics, stretching/strengthening, footwear, etc.

👣 Schedule an appointment for one of our Saturday morning dates: Jan 5th, Feb. 9th, March 9th, April 6th, May 4th, June 1st, Sept. 17th, Oct. 12th, Nov. 2nd, Dec. 7th or our NEW Monday evenings dates: May 20th, July 15th, and September 16th at runperformancelab@mcrrc.org
Fees: \$30 (w/MCRRC membership--starting at \$40/year)
(Fee includes a high-quality running shirt)

Located in Rockville



Co-Directors: Dr. Adam Spector, Rachel Miller, PT

Podiatry: Dr. Adam Spector, Dr. Firestone, Dr. Robles, Dr. Vieweger - **Physical Therapy:** Rachel Miller, PT and Proaction PT staff **Running Coaches:** Betty Holston Smith, Keith Evans, Julie Sapper, Lisa Reichmann - **Shoe Specialists:** Kelly, Reu, and Ray from R&J.