



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

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

👣 Saturday morning and weeknight dates in Rockville

👣 Fees: \$30 (with MCRRC membership—starting at \$40/year)  
Fee includes a high-quality running shirt

👣 Register at: [runperformancelab@mcrrc.org](mailto:runperformancelab@mcrrc.org) or <https://mcrrc.org/training-programs/run-performance-lab/>



**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:** Ray, Reu, and Kelly from R&J