



(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, and shoe specialists who advise on posture, cadence, biomechanics, stretching/strengthening, footwear, etc.

👣 Sign up for one of our Saturday morning or weeknight dates:
Jan 8th, Feb. 7th, March 5th, April 5th, May 2th, June 4th, July 11th, Sept. 13th,
Oct. 1st, Nov. 7th, or Dec. 6th 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. Vieweger - **Physical Therapy:** Rachel Miller, PT
and Proaction PT staff **Running Coaches:** Betty Holston Smith, Keith Evans, Julie Sapper,
Lisa Levin, Karen Craney - **Dietitians:** Amy Goldsmith and Matt Poland
Shoe Specialists: Ray and Kelly from R&J.