

# WALKING COURSE 8 + SHOE CLINIC = SEPTEMBER 9TH

THIS COURSE IS 1.04 MILES

## Legend



Starting point



Caution!

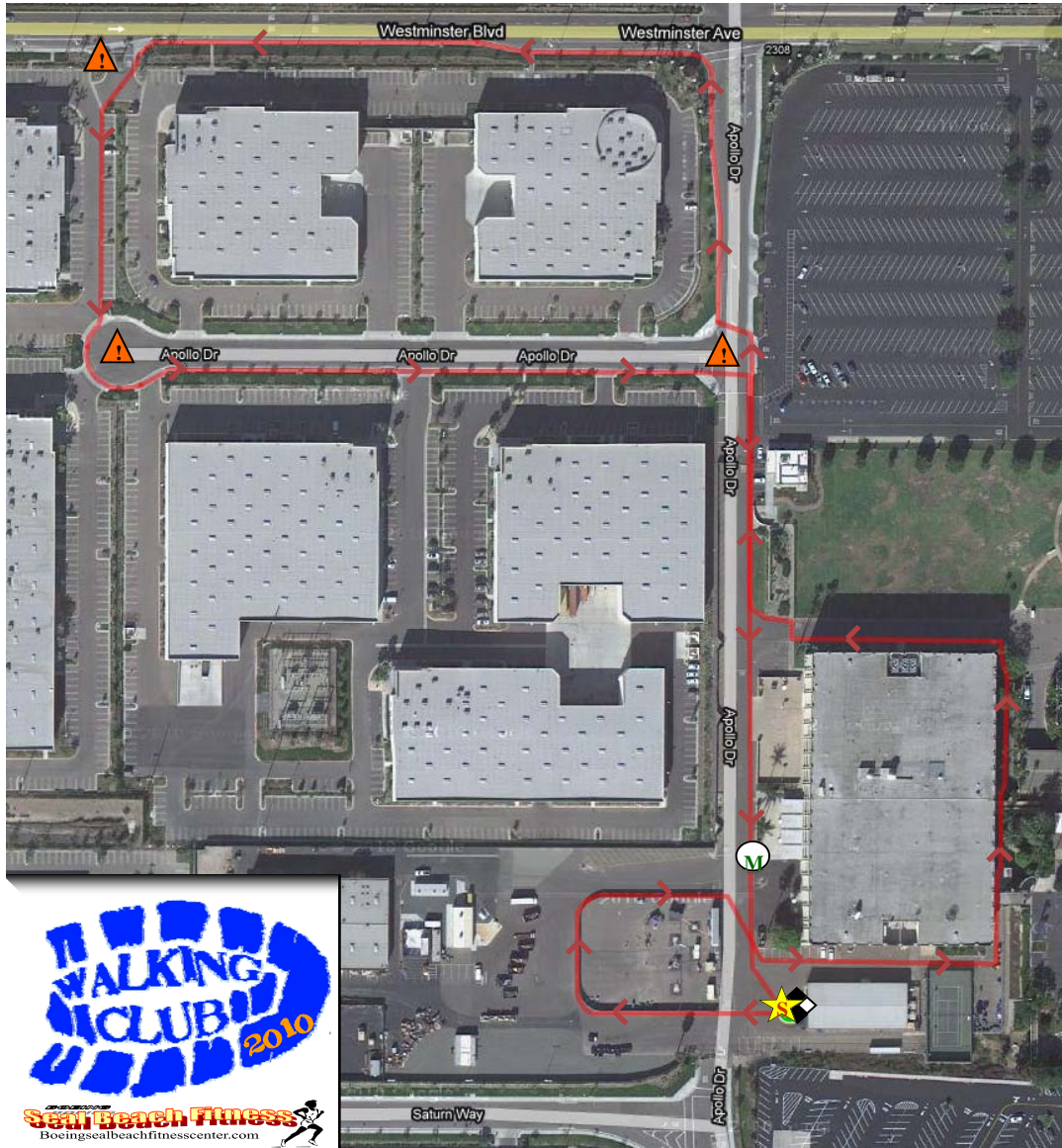


Mile Marker



Finish Line

Please obey all traffic laws and signs. Remember to bring your badge with you.



**WALK**  
11:30-12:00

Starts in front of Fit Ctr



**SHOE CLINIC**  
12:00-12:30

In front of Fitness Center

Join Ted Newcomb from Runner's High after our 1 mile walk as he talk about common shoe and foot issues.

### Discussion Topics

- Foot problems relating to improper shoes
- Corrective action
- Shoe demonstration  
(Nike, Brooks, Asics, Adidas, Saucony, New Balance)
  - Types of shoes
  - Proper socks
- Orthotics
- Stretching techniques for stress fracture, shin splits, heel spurs, and planar fasciitis
- Questions and answer session



Seaside Beach Fitness  
Boeingseasidefitnesscenter.com

Call the Fitness Center at [562-797-3612](tel:562-797-3612) for information.