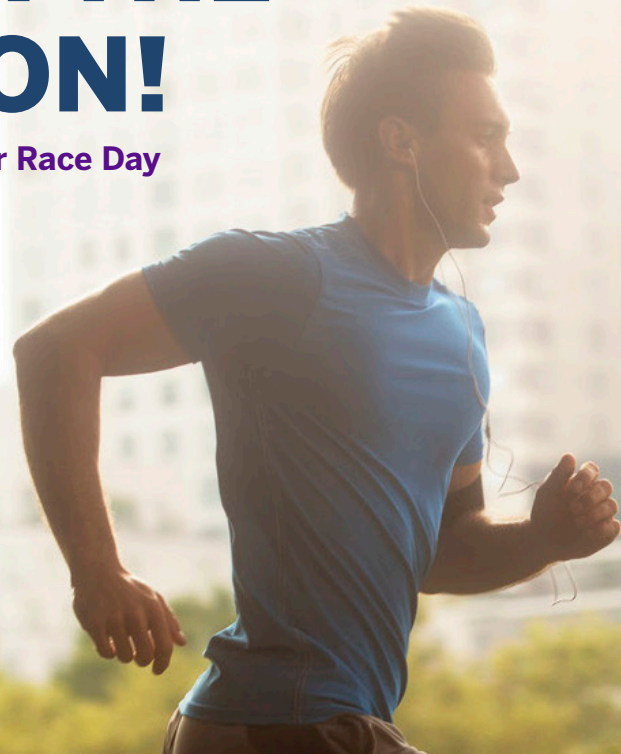




TRAINING FOR THE NYC MARATHON!

Prevent and Manage Injuries as you Prepare for Race Day



Thursday, October 17

6:00–6:30pm Registration

6:30–7:30pm Presentation

7:30–7:45pm Q&A

Speakers

- [Harshil Matta, DO](#)
- [Keith Feind, PT DPT](#)
- [Brianna Carroll, PT](#)

Presented by NYU Langone
Sports Performance Center

Topics

- Optimize running mechanics to reduce injury risk
- Exercises to prevent injury and improve running performance
- Medical management of injuries
- The top rehabilitation exercises
- When to rest and when to push through
- Real-time running cues

RSVP

sportsperformancecenter@nyulangone.org

This is an online lecture. Meeting link will be provided upon registration confirmation.

For questions, please contact John Salvatore at john.salvatore@nyulangone.org or Jennifer Gallinaro at jennifer.gallinaro@nyulangone.org.