

## Striders meeting: 24 June 2009

at *Runabout Sports*.

There were two items on the agenda:

1. Presentation by TJ Stites
2. Planning for the Draper Mile

The meeting began with a presentation by T.J. Stites (PT, MSHA, from *Select Physical Therapy*) titled "Keeping you on the road and out of the doctor's office." His presentation is [posted on our Web site](#) (PDF). Here is a summary:

Nobody wants to take a day off from training especially for an injury. Drawing from my experience and knowledge as an avid runner and physical therapist, I've put together a brief presentation to help you manage some foot and ankle injuries that are common among runners.

These notes are the first in a series of three seminars at *Runabout Sports*. Feel free to join us on **July 22** when we talk about home strategies for common back, hip, and knee problems with runners.

The rest of the meeting was on planning for the Draper Mile (**August 7**). The next planning meeting will be on **July 15** at 7 p.m. at *Runabout Sports*.

Arthur Snoke  
June 29, 2009