

# **Training** for the Flying Pig Marathon? **Or just a run** around your neighborhood?

*How many miles should  
I run each week?*

*What is that pain in my leg?*

*Should I eat peanut butter  
post-run?*

*Wonder how I should  
really be stretching*

*Should I run through  
an injury?*

**April 13, 7:00-8:30 pm**  
**at West Chester Medical Center**  
Orthopedic surgeons, a sports medicine  
physician, physical therapists, and a nutritionist  
will answer all your last minute training  
questions and address your routine running  
issues. A local running shoe store will be on  
hand to answer footwear questions.

**Reservations**  
**required, please call**  
**513-298-3000**

Seating is limited to 60

**BEACON**  
Orthopaedics & Sports Medicine

**West Chester Medical Center**

7700 University Drive, West Chester, Ohio 45069  
[www.westchestermedcenter.com](http://www.westchestermedcenter.com)