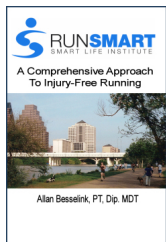




Up to 60% of runners will sustain an injury within any given year. Poor running mechanics, in conjunction with poor, ineffective and outdated training methods, can pose a significant injury risk. The book "RunSmart: A Comprehensive Approach To Injury-Free Running" was initially released on May 1, 2008 to address these issues in the running community. It provides an innovative approach to the problems of the running athlete of all skill and performance levels.

Paperback, special edition hardcover, and ebook versions are available directly from the [publis her](#)

Reviews can be found [here](#)



### **RunSmart Clinic and Certification Program:**

**Level One (Prevention)** is a 4 hour clinic that presents a broad overview of the concepts underlying the RunSmart program. This clinic focuses on training principles and running mechanics. It is geared towards the athlete, coach, personal trainer, and health care provider.

**Level Two (Performance)** is a 4 hour clinic that builds on the concepts of Level One and focuses on training- and performance-related issues. This is geared towards the athlete, coach, personal trainer, and health care provider.

**Level Three (Physiotherapy)** is a 4 hour program that focuses on injury recovery. It expands on the Level Two program and is geared towards health care providers, specifically those who have attained the McKenzie Institute's Cert. MDT or Dip.MDT.

**Certification:** A mentorship and certification program is available upon completion of Level Two (athletes, personal trainers, and coaches) or Level Three (physical therapists and health care providers). Please contact Allan Besselink for further details.

**Upcoming RunSmart Clinics** can be found at <http://runsmart.eventbrite.com> ).

**The RunSmart Track Club** was a USA Track and Field sanctioned club that had a long history as an integral part of the Austin running community. It attracted runners of all skill levels training for events from 800 meters to 100 miles and all points in between. The RSTC is currently on hiatus from the running community.

**Private Consultation:** Your own individualized RunSmart consultation. Please contact Allan Besselink at 512-914-0871 to schedule your consultation.