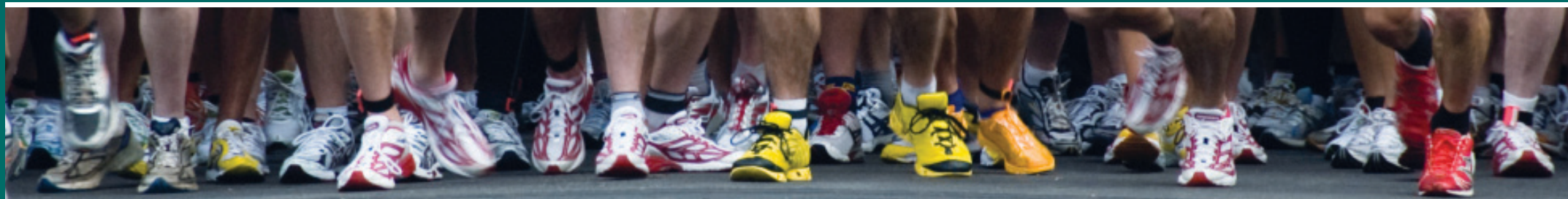


# Select Physical Therapy is a Proud Sponsor of Hartford Marathon Foundation (HMF)



## Select Physical Therapy's goal is to keep runners in the race!

We attend a large number of HMF Multi-Sport Series Events to provide our professional advice and services to you! At HMF Multi Sport Race events, stop by our Mobile Sports Medicine Center or tent for professional advice and services to stay healthy and treat common running injuries. Our services include:

- Pre- and Post-Race stretching
- Functional Movement Screens
- Injury Assessments
- Foam Roller
- Kinesio Taping
- Dartfish Video Motion Analysis
- Active Release Technique
- Graston Technique

We are hosting five running clinics throughout the HMF running season to help you maintain a healthy body and healthy routine!

Topics include:

- Doctor lectures on common running injuries
- Running Performance for technique, agility, and speed
- Professional tips and information from Fleet Feet, West Hartford
- One-on-one interaction with our physical therapists and athletic trainers
- Become a VIP member and enter a chance to win great giveaways!

Select Physical Therapy attends a majority of the HMF training programs.

Visit [hartfordmarathon.com](http://hartfordmarathon.com) to learn more about their training programs.



The Power of Physical Therapy™



## Select Physical Therapy's Calendar of Events 2014 as part of the HMF Multi-Sport Series

- 3/15: O'Niantic 5K and Wee Mile
- 3/16: Max's O'Hartford 5K and Wee Mile
- 4/27: Glastonbury River Run
- 5/18: Ten Penny Ale Shamrock Duathlon & 3.3 Mile
- 5/24: Running Performance Clinic at StarHill in Tolland (9:30 a.m. - 12 p.m.)
- 6/1: Amica Iron Horse Half Marathon, 10K & 5K and HMF FitKids
- 6/12: Running Clinic Trumbull (Time TBA)  
115 Technology Drive, Unit B100
- 6/19: Riverfront Scramble Run #1, a twilight riverfront 5K
- 7/12: Red Dress Run for Women presented by UnitedHealthcare and HMF FitKids
- 7/17: Running Clinic Old Saybrook (5:30 - 7:30 p.m.)  
929 Boston Post Road
- 7/20: Litchfield Hills Tri & Du
- 7/31: Riverfront Scramble Run #2, a twilight riverfront 5K
- 8/3: Niantic Bay Triathlon
- 8/10: Bluff Point Trail Run
- Glastonbury Running Performance Clinic (Date, Time, and Location TBA)
- 8/21: Riverfront Scramble Run #3, a twilight riverfront 5K
- 8/24: Old Wethersfield 5K & 10K and HMF FitKids
- 9/7: Women's Triathlon
- 9/10: Running Clinic Farmington (6:30 - 8:30 p.m.)  
270 Farmington Avenue, Suite 152
- 10/11: Hartford Marathon
- 11/9: Freedom Run
- 12/7: Blue Back Mitten Run presented by UnitedHealthcare and HMF FitKids

■ = Select Physical Therapy Center

**For more detailed information, visit:**

[hartfordmarathon.com](http://hartfordmarathon.com)

[selectphysicaltherapy.com/markets/Connecticut-Market-Details.aspx](http://selectphysicaltherapy.com/markets/Connecticut-Market-Details.aspx)

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