



RUNNING & MOBILITY CLINIC



Presented by the
Challenged Athletes Foundation®

Get inspired. Get motivated. Get active!

Please join us for a mobility clinic unlike any other. Be inspired, motivated and learn practical ways to move better, easier and quicker with your prosthesis, in a supportive and encouraging environment.

- Improve your speed and balance
- Practice leg-over-leg running techniques
- Learn how to move in multiple directions so you can do a variety of recreational activities
- Discover training routines and sport-specific exercises

All ages and abilities are welcome! You don't need to be a top athlete or have a running prosthesis to attend.

Attending Experts:

- Bob Gailey, PhD, PT
- Peter Harsch, CP
- Össur Clinical Specialists

When: Saturday, June 23, 2018

9:00am - 12:00pm – Clinic

12:00pm - 12:30pm – Free Lunch & Össur Showcase

Where: Catholic University Cardinals Stadium

600 Taylor St NE Washington, DC 20017

How to register

Attendees: support.challengedathletes.org/dcrun

Volunteers: support.challengedathletes.org/dcvolunteer

Get more information

Contact Travis Ricks at travis@challengedathletes.org or 858-210-3524

Be inspired by Össur Ambassadors - ossur.com/about-ossur/ossur-ambassadors

Find the right prosthesis for your needs - ossur.com/prosthetic-solutions

CAF's mission is to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. Learn more about CAF: www.challengedathletes.org

Join the conversation!



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#LifewithoutLimitations

#TeamCAF