

Tuesday – September 30, 2008 at AcupunctureChiropracticHealth.com
6:30 Registration, 7-9 pm Presentation
RSVP to drbheller@yahoo.com or call 714-898-0515
Only \$10 or \$15 for you and a friend

Proper Footwear Clinic

Presented by A Snail's Pace Running Shops

Eddie Johnson will discuss how choosing proper footwear can help prevent injury, relieve pain, and create a more comfortable lifestyle for you everyday. Topics of discussion:

**Foot structure,
Walking and running biomechanics
Footwear technology
Common foot maladies**

**How all the above must be taken into consideration
when purchasing footwear**

Eddie Johnson has been on the New Balance Athletic Company Global Advisory Board for four years, is a four-time Ironman Distance Triathlon finisher, and multi-time marathon finisher. He is Co-Owner of A Snail's Pace Running Shops in Orange County CA which has been voted one of the "50 Best Running Store in America" by The Running Network and Running Intelligence. He has been involved in the footwear industry for more than 15 years.



A SNAIL'S PACE

RUNNING SHOP

Presented by The Running Network
and Footwear Intelligence



A Snail's Pace

The Right Fit.
The Right Shoe.
Right Now.

CHECK OUT
THE NEWEST
PRODUCTS FOR FALL AT
A SNAIL'S PACE



Experience Our Specialized Fitting Process

Take Advantage of Our Trained Fit Technicians. Just 5 Easy Steps.

- 1** We watch you run or walk
in a neutral shoe allowing us to identify your specific needs
- 2** We observe your running/walking biomechanics
studying your foot and ankle movement (pronation) during footstrike
- 3** We determine your ideal shoe type
neutral, stability, or motion control
- 4** We present you with a variety of shoe options
fitting your biomechanical needs
- 5** We answer your questions
addressing any concerns you may have

Our fitting services are FREE, because life's too short to wear the wrong shoes.

Get it Right, at A Snail's Pace.

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