



**WHARTON**  
MUSCULOSKELETAL THERAPY



**SPRING 2010 PERFORMANCE & INJURY PREVENTION CLINIC**  
**PRESENTED BY LEHIGH UNIVERSITY TRACK & FIELD AND THE RUNNING SCHOOL**

**LET US TAKE YOU FROM GOOD TO GREAT**

- WHO:** YOU - Be There! All Athletes, Coaches, Trainers, PT's
- WHAT:** Running & Throws Clinic including:  
- *Injury Prevention/ Running Mechanics/ Training Methodology*  
- *Technique Development & Event Specific Preparation*
- WHEN:** Sunday, March 21st, 2010  
12:00 Noon - 5:00 PM
- WHERE:** Rauch Fieldhouse, Goodman Campus, Lehigh University
- WHY:** Learn how to train injury free and increase your level of performance
- CONTACT:** Kelly Lyons at 610-758-6558 - [kbl398@lehigh.edu](mailto:kbl398@lehigh.edu)  
Marc Solda- [LehighValleyTC@gmail.com](mailto:LehighValleyTC@gmail.com)  
Updates visit [Twitter.com/LVTrackClub](http://Twitter.com/LVTrackClub)

Cost is \$40 per Athlete/ Team Discounts Available

**Featuring Jim Wharton**

Nicknamed "The Mechanic" by USA Today, Jim Wharton is an internationally known trainer, therapist, and author who established his practice in 1989 and changed the face of human performance. He has worked with luminaries in the sports world from professional football players to Olympic gold medal winners, including Deena Kastor, Meb Keflezighi (winner of the 2009 NYC ING Marathon), Paul Tergat, and the Kenyan and Ethiopian national teams. The Whartons' are also featured in Runners World monthly column the "Body Shop".

[www.WhartonPerformance.com](http://www.WhartonPerformance.com)

**Dr. Ira Meyers, DPM**

Nationally renowned, Dr. Myers has competed on a global scale winning gold in the following; Team USA Maccabiah Games, Philadelphia Marathon, Long Island Marathon, and Brooklyn Marathon. Presenter at the Boston Marathon, Temple University, Abington Memorial, Rothman Institute and Holy Redeemer focusing in lower leg injury prevention and treatment for athletes.

**Matt Utesch**

NCAA Track & Field Cross Country committee chairman and US committee Olympic chairman. Lehigh University Head Track & Field coach. During his tenure Coach Utesch has had IC4A Champion and numerous Patriot League Champions and All East Performers.

**Ryan Yurchick**

Lehigh University Throws head coach. Coach Yurchick founded the Allegany Mountain Throwers Club whose goal is to provide year round coaching and training for aspiring track and field athletes which has resulted in several state champions and medalists.

**Bart Sessa**

Syosset High School Track & Field/ Cross Country Coach Sessa has 10 consecutive XC championship teams as well as having held the National HS Indoor 4x800 record. Coach Sessa has repeatedly taken athletes to the highest level of HS competition. A disciple of Wharton Performance and owner of the nationally renowned The Running School, Sessa has tremendous success in training his athletes injury free.

