

Steps Together

100 LAPS OF HEALING

LEARNING AROUND THE TRACK

Bring a blanket, chair, or yoga mat. Before your laps, after them, or even in between, enjoy a little free learning. (Speakers will be at far side of track, opposite the music)

9:30 AM

DR. SASSY WEINSTEIN



CORESPORTSMEDICINE.COM

What if the stiffness, the fatigue, and the "I just don't feel like myself" weren't things you had to live with? As a triple board-certified physician in sports medicine, lifestyle medicine, and family medicine, I focus on helping people move better, heal faster, and feel like their best selves – not just manage symptoms. I specialize in nonsurgical sports medicine – which means before anyone talks about going under the knife, I'm finding every possible way to get you back to doing what you love. Regenerative treatments, targeted therapies, movement strategies – there's often so much more we can do. Pair that with the evidence-based science of nutrition, movement, and daily habits that reduce inflammation, protect your joints, and restore your energy from the ground up. Come hear how the combination of sports medicine and lifestyle medicine – backed by real science – can help you feel like your best self again.

10:00 AM

DR. CARRIE BESLER



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As a Nervous System Coach, I support clients understanding and working with their biology, rather than against it, so they can live a life that feels replenishing rather than depleting. Our bodies are not built to be in a chronic state of survival (fight/ flight/ freeze). Modern life often requires these states... leading to our feeling 'wired and tired', tense, overwhelmed, stuck, and/or an overall 'dis-ease'.

Come learn a little bit about how our nervous systems are working to protect us, and how we can work with the states of the nervous system to find more ease, energy and focus.

10:30 AM

ALISHA UCCARDI



FITBORO.COM

Most women spend years managing symptoms without ever asking what's actually driving them. As a coach with 20 years of experience working with clients, I've seen how H.I.D.D.E.N. stressors quietly undermine energy, weight, hormones, and health – even when everything else looks "fine."

Identifying and removing H.I.D.D.E.N. stressors is how we get to the root cause of nagging symptoms – and learning how to tailor your D.R.E.S.S. protocol may be the turning point you've been looking for.

ALL MORNING @ LAP COUNT TENT

DR. MEGAN PAPPALARDO

NJCADENCEPT.COM



Run better. Chat with a coach.

Not by doing more...by doing what works. It's not always about more miles. It's about the right balance of training, strength, and recovery so your body can actually handle the work. Less guessing. Fewer setbacks. More consistency.

Stop by for a trackside chat with a coach. Ask questions about your training, talk through what's been holding you back, and get clear on what to do next. Walk away with direction, confidence, and a better way to train so you can keep progressing and stay healthy doing it. Train with intention. Run forever.

RUNSIGNUP.COM/RACE/NJ/HILLSBOROUGH/100LAPSOFHEALING