

SPECIAL RATE FOR MAIDSTONE HARRIERS MEMBERS

As marathon training gets underway in earnest, now is the time to be sorting out those little niggles and aches and pains you might be coming aware of as you build up the mileage and intensity of training over the coming weeks.

Having a regular deep tissue massage (sports massage) can help resolve problem areas before they develop into bigger injuries. It can improve performance, reduce injuries and shorten recovery time between runs. Don't leave it until a week before the big day when it's too late to do much other than help you 'just get round'. And of course sports massage isn't just beneficial for those in marathon training but for any runner, indeed anyone!

Members of Maidstone Harriers are offered a club rate of 10% discount for any massage treatment with any one of the three Level 4 qualified massage therapists – Mike Fossett, Kate Hinkley or Rachel Smith. We are members of the Institute of Sports and Remedial Massage and/or the Sports Massage Association and registered with the Complementary and Natural Healthcare Council

Rachel is a fellow Maidstone Harrier and 'in training' marathoner, and she is offering all Maidstone Harrier members £10 off their first massage treatment with her before the end of April 2010.

In addition to sports massage Southcote also offers chiropractic treatments, nutritional advice and the Southcote Rehabilitation and Exercise Centre – a fully equipped exercise centre offering classes or one to one personal training to help you achieve your goals.

The Exercise Centre is also offering Maidstone Harriers member 10% off a Functional Runners Assessment – have your lower body assessed for joint ranges of movement and benefit from a personalised management programme devised just for you to improve those areas that are found to be tight and / or weak.

To book an appointment for either massage or a functional assessment please call Southcote on 01622 661883 – please mention that you are a Maidstone Harrier. Please note only one discount can be applied at one time.

www.southcote.com

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