

## Kick-Start Your Chevron Houston Marathon Training Program!

The human performance team from Memorial Hermann Sports Medicine Institute is offering customized testing packages to prepare you for the 2010 Chevron Houston Marathon. Whether you are looking to improve your endurance, boost your efficiency or enhance your overall performance, you can benefit from these services.

Maximize your marathon training with help from the experts at the Memorial Hermann Sports Medicine Institute. Our staff of experts will lead you through a series of performance and nutritional assessments and then provide recommendations to improve your marathon training.

### ■ Kick Start Performance Testing - \$106.25

Receive two VO2 max assessments for the price of one. The first VO2 max assessment will be performed at the beginning of your marathon training. Then take your second test before the Chevron Houston Marathon to determine if your training improved your oxygen usage efficiency.

VO2 max is the peak oxygen usage of an athlete at maximum exercise and is measured in milliliters of oxygen. This metabolic test is an excellent indicator of aerobic fitness: athletes with higher VO2 max values can tolerate higher exercise intensities and volumes than those whose VO2 max values indicate lower levels of conditioning.

### ■ Competitive Performance Package - \$214

- Two VO2 max Assessments: One performed pre-training and one pre-Marathon
- Gait (running form) analysis with two-dimensional video
- Body composition analysis via skin-fold calipers
- Flexibility assessment

### ■ Elite Performance Package - \$376

- Two VO2 max Assessments: One performed pre-training and one pre-Marathon
- Gait (running form) analysis with two-dimensional video
- Sports Nutrition Consultation: 60-minute session
- Body composition analysis via hydrostatic weighing or skin-fold calipers
- Flexibility assessment

**To schedule an appointment for one of these performance packages, call 713.704.6644.**

**THIS FLYER MUST BE PRESENTED AT YOUR FIRST APPOINTMENT TO RECEIVE THIS PROMOTIONAL OFFER.**

The Competitive and Elite Performance Package offers are valid through October 15, 2009. Kick Start Performance Testing is an ongoing service offered exclusively through the Sports Medicine Institute. For more information about other performance services available, visit [memorialhermann.org/SMIperformancetesting](http://memorialhermann.org/SMIperformancetesting).

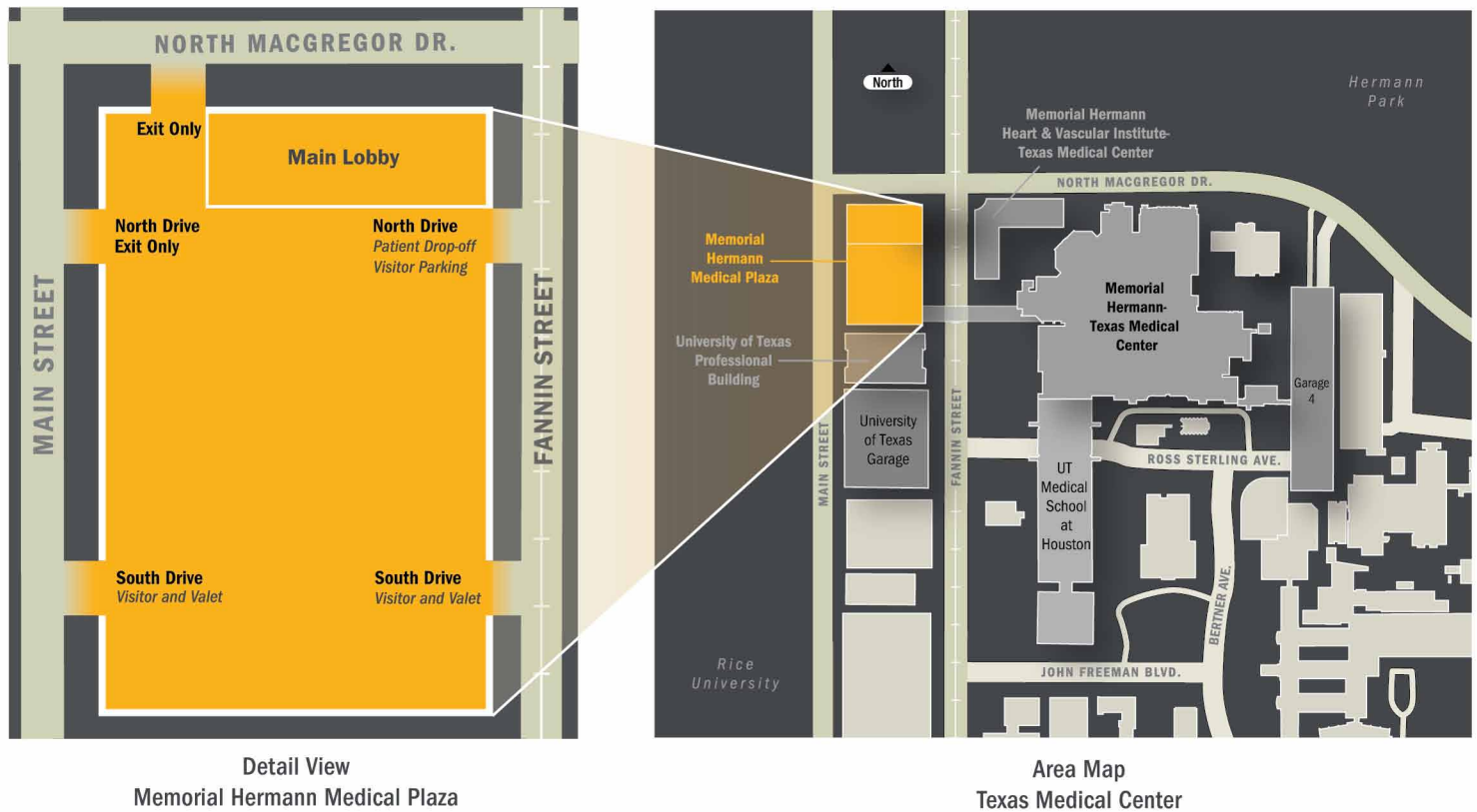


Memorial Hermann Sports Medicine Institute is the official healthcare provider for the Chevron Houston Marathon.

6400 Fannin, Suite 1620  
Houston, TX 77030  
713.704.2200

[memorialhermann.org](http://memorialhermann.org)  
713.222.CARE

# Parking Directions



Detail View  
Memorial Hermann Medical Plaza

Area Map  
Texas Medical Center

Memorial Hermann Medical Plaza is located at the corner of North MacGregor and Fannin. Self parking is accessible from entrances off Main and Fannin. Valet parking is accessible from the south drive entrances off Main or Fannin. For convenience, patients may be dropped off at the north drive of Fannin, immediately in front of the main lobby.

## Valet Parking

- Hours of Operation  
Mon - Fri: 7 a.m. - 6 p.m.  
Sat - Sun: Closed
- Parking Fees  
\$15/day

## Self Parking

- Hours of Operation  
Mon - Sun: 24 hours/day
- Parking Fees  
Maximum of \$12/day



Physician services provided by UT and Baylor Physicians.



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