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Welcome

Welcome to the 45th running of The Cowtown. This year the race is back on our regular weekend with all of our races taking place in-person. We are thrilled that you have chosen to experience Fort Worth and participate in our weekend event. It is our foremost in that each of you stay safe, but

priority that each of you stay safe, but also experience the culture and hospitality that is The Cowtown.

In addition to regular race activities, The Cowtown and Fort Worth is host to the USA Track and Field Half Marathon Championships. It will be a treat to run with and watch more than 100 elites compete on our hometown course.

The Cowtown 2023 in-person races are presented by Baylor Scott & White All Saints Medical Center and include a Kids 5K presented by Academy Sports + Outdoors, Adult 5K, 10K, the Half Marathon, the Full Marathon, the Healthy Hig Marathon Relay, and the Ultra Marathon presented by Miller Lite. The Cowtown also offers virtual options to run all distances. Runners can register for events any time up to February 25, 2023.

The Cowtown is a nonprofit with a mission to promote physical fitness and support The C.A.L.F. Program (Children's Activities for Life and Fitness). The C.A.L.F. Program is a school-based initiative that teaches running technique, heart-rate management, pacing, nutrition, and much more. Our hope is that making exercise fun will encourage children to continue to be active throughout their lives. This year the program delivered new Under Armour running shoes and socks. We are proud to serve over 5,000 children this year.

Cowtown's success is not only measured in the number of runners and children we impact, but by the commitment and loyalty of our thousands of volunteers. Our volunteers work tirelessly for months in advance to ensure our course is organized, safe, entertaining, and hydrated. We will never be able to express enough gratitude for the community members who support and make this road race possible.

Thank you on behalf of the Cowtown staff, Board of Directors, and the City of Fort Worth for choosing The Cowtown in 2023. It is a rare privilege to have you in our city. Enjoy the journey and the destination. Run safe and finish strong.





Race Week Schedule

Pick up your race packet during the two-day expo. Hear advice from running experts and shop more than 50 vendors showcasing the latest and greatest on the health and fitness scene. Bring your friends; the expo is free and open to the public.

EVENT START TIMES

Cowtown Health & Fitness Expo is both in-person and virtual

Friday, February 24: 11:30 am to 7:00 pm Saturday, February 25: 6:00 am to 5:00 pm

Weekend Agenda

SATURDAY RACES | Feb 25

6:00 am: Race day packet pick-up at the Cowtown Health and Fitness Expo

10K: Start time 7:00 am Adult 5K: Start time 7:45 am Kids 5K: Start time 9:00 am

SUNDAY RACES | Feb 26

5:45 am: The Cowtown Worship Service, Will Rogers Memorial Center- Amon G. Carter Jr. Exhibit Hall

USATF Half Marathon Championships: 7:00am

Wheelchair/Handcycle Start: 7:10 am

All Distances: 7:15 am

Half Marathon, Full Marathon, Ultra Marathon presented by Miller Lite, Healthy Hig Marathon Relay



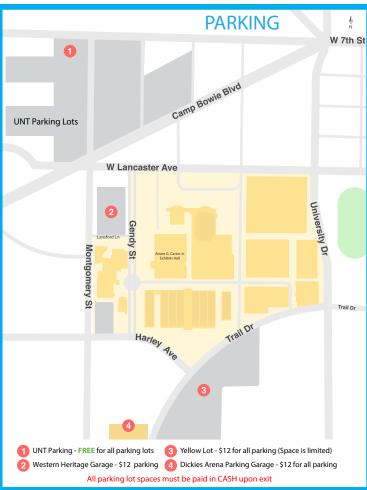




Running on Green Energy.

We believe in taking concrete and transparent actions for the future of sustainability—now. Without action, sustainability is just a word. As such, we have set ambitious goals and defined a clear strategic path to lead the industry toward the safe and profitable production of netzero green natural gas.





Rules and Regulations

Personal Bags

No backpacks or duffle bags at race site or on course (runners and spectators) Hydration vests and belts are allowed.

Disqualifications

Wearing someone else's bib or timing tag

Crossing the finish line more than once (do not accompany slower friends across after you have finished)

Not completing the entire course, no short-cuts

Running in the incorrect race (bib color and number designate which race you are assigned to run)

No bib, no chip = no time

Gear Check & Bike Valet

No backpacks, duffle bags, suitcases, etc. will be allowed in gear check/bike valet. The Cowtown will provide a clear bag and identification tag during packet pick up on Friday or Saturday for Marathon distances. Gear check for both days will be in tent in parking lot adjacent to Gendy Street (next to corrals). Personal bikes can be valeted at the circle drive in front of the ticket booths for Will Rogers Memorial Coliseum.

Timing System

Your timing tag is attached to your bib (do not remove timing tag). To ensure your time is properly recorded, do not bend the timing tag. The time you cross the start and finish lines will be recorded to ensure you receive an accurate personal time.

Lost Children

Children separated from their group will be taken to the lost and found trailer on Tower Drive on Saturday and to the Volunteer Booth inside the Amon Carter Exhibit Hall on Sunday.

Parking & Traffic

The thousands of runners and volunteers who converge on the race site on race day morning create unavoidable traffic congestion. Plan to arrive early to avoid traffic delays. Transit facilities and traffic will be controlled by local police and official course monitors, but runners should always use extreme caution.

DASH shuttles will be circulating from downtown hotels to Will Rogers Memorial Center during race weekend. Please visit https://ridetrinitymetro.org/routes/route-thedash/ for more information on shuttle locations and times.

Spectators Guide

The most important aspect of our road race is the thousands of spectators who give friends, family members, neighbors, and visitors the support they need with a side of Texan hospitality. Anyone can be an essential part of race day and the excitement of thousands of runners. Choose the perfect place along the course and cheer 'til your voice gives out.

Guidelines:

Keep the energy high. Most runners train for months and need the support of a crowd to keep going.

Be respectful. Please follow appropriate race, verbal, and cultural etiquette.

Give runners the right of way. If a runner appears to need medical attention, inform a course monitor or nearby volunteer. If an injury looks serious, please find a police officer.

Prepare for the weather. Wear layers to be comfortable throughout the day and have inclement weather gear handy.

SPOTS ON SUNDAY:

Start Line: The race begins at Will Rogers Memorial Center. This is a great spot to get the energy going, inspire runners, and be there for the big finish. Only runners with bibs are allowed in the actual start area.

Mile 1: The first mile passes Trinity Park and Duck Pond. This is a beautiful spot to cheer on runners as they begin a great race.

Mile 3: Rabbit Hole Pub, 3237 White Settlement Road. Rabbit Hole Pub watch party starting at 6:30 am. Join this fun group for drink specials and good music. Next door to The Rabbit Hole Pub check out the yummy food truck. Also check out Elvis playing a couple of doors down.

Mile 5 ½: Northside Community Center will be cheering on runners from their beautiful library lawn located at 601 Park Street (conder of Circle Park Blvd and NW 20th). Northside Community Center has been cheering on Cowtown runners for years. Thanks Northside Community Center for your continued support.

Mile 6: At this point, runners are at a comfortable pace. They are approaching the Stockyards National Historic District and will experience one of the highlights of the race along the bricks with a front row view of Fort Worth's cowboy culture.

Relay Exchange Zone A is located just past Mile 6.

Mile 7: Fort Worth Hispanic Chamber of Commerce at 1327 N Main Street will be ringing their cowbells loudly and proudly. As runners pass by the Fort Worth Hispanic Chamber of Commerce, they will be warmly received by a "Cowtown Fiesta" Cheer Station. This cheer station will be family-friendly with fun things for the kids.

Mile 7-9: Main Street is the longest straightaway in the race. The bridge requires the most energetic cheering as most runners gear up for the challenge. Tell runners to keep their heads up, their hips under them, and move those arms. Remind each one they have come too far to let up now!

Mile 9.5: Runners are approaching Sundance Square in Downtown Fort Worth. This is a wonderful place to cheer from and is known for great dining and shopping, so be sure to support local businesses while you are there. The Half Marathoners only have 4 miles to finish, so help them power through!

Mile 10.5 – 11: Main Street Village. Enjoy coffee and breakfast and cheer marathon and relay course runners along this revitalized area. While in Main Street Village check out Leo's Churro Bar, 105 S. Main and Soma Winery, 201 S. Main.

Mile 11 ½: 97w Architecture firm will be hosting the Lazer Blazer band at 901 South Main. Join them to cheer on runners with great music.

Mile 12: Magnolia Ave is a great spot to keep the runners energy going as they make their way through this beautifully restored area.

Mile 12 ½: Fairmount Historic Neighborhood will be having Waffles in the Park. For more than a decade the Fairmount Neighborhood Association has been the place to motivate runners on the marathon route. A big thanks to "Waffle House" for sponsoring and serving their yummy waffles to the neighbors

and spectators. Due to road closure on Magnolia Ave and 5th Ave., the best way to get to Fairmount Park is from Allen Ave to Henderson. The address for Fairmount Park is 1500 5th Ave., Ft. Worth, TX.

Mile 13: The half-way point of the Marathon is at Park Place Village on the corner of eighth Avenue and Parkplace. This is a perfect place to cheer from. Team up with the fluid station here to encourage everyone to keep going. J&N Auto at 1600 Park Place will host the fluid station and exchange Zone B. Just around the corner from J&N Auto will be a "DJ"playing music at Clarity Financial Group at 1622 Park Place.

Relay Exchange Zone B is located at Mile 13.

Mile 19: Foster Park is the final relay exchange, cheer all runners from here.

Relay Exchange Zone C is located at Mile 19.

Mile 20: Most runners are now going further than they have run before during training. Bodies are low on fuel and most runners have found the infamous "wall." Meet these runners at Overton Park and keep their spirits high!

Mile 23: The last few miles of the race cross around the Woodshed restaurant on the Trinity Trails. This is when each runner is in need of a final push to finish strong!

Mile 23 ½: Ascension Coffee, 1751 River Run Suite #151. Enjoy a cup of coffee at Ascension and cheer on the runners as they make their way to Trinity Park.

Mile 26: Almost Done! View all finishing runners during their last tenths of a mile as they turn left on Gendy and head to the finish line. Cheer them on as they push up Lancaster toward S Gendy and the finish line. Spectator Stands located close to the finish line.

Live music and food ahead. Congratulate everyone who crosses the finish line and accomplishes this momentous personal goal. We can't wait to see you there!

Course Entertainment

Many thanks to the performers along the route for the encouragement they provide all Cowtown participants.

- Last Band Standing
- Knice2Know
- Bryan Lucas Band
- Elvis
- Deric Merrill
- Leo Saenz
- Jeremy Celis
- Aurora Bleu
- Alpen-Musikanten Polka band
- The Inspiration Band
- Gil Loza
- Adrian Garza
- DJ Panic

Adopt-a-Mile

The following list recognizes the contribution of individuals and organizations that help make the Cowtown course the best it can be for spectators and runners alike.

Mile 1 – In honor of founders of Cowtown – Bob Kaman and Bob Patton

Mile 2 - BNSF

Mile 3 - Macy and James Hill

Mile 5 - Tommy & Linda Simmons

Mile 6 - UNTHSC - Lifestyle Healthy Science Center

Mile 7 – USCAA – United States Corporate Athletes Association

Mile 9 - Heidi & Larry Swartz

Mile 10 - Theresa & Brian Hocker

Mile 11 - Safer Care

Mile 12 - Tom Kleuser

Mile 16 - TCU Recreation Center

Mile 18 - Adelaide Leavens

Mile 20 - Cowtown 20 Mile Bash

Mile 30 - Miller Lite













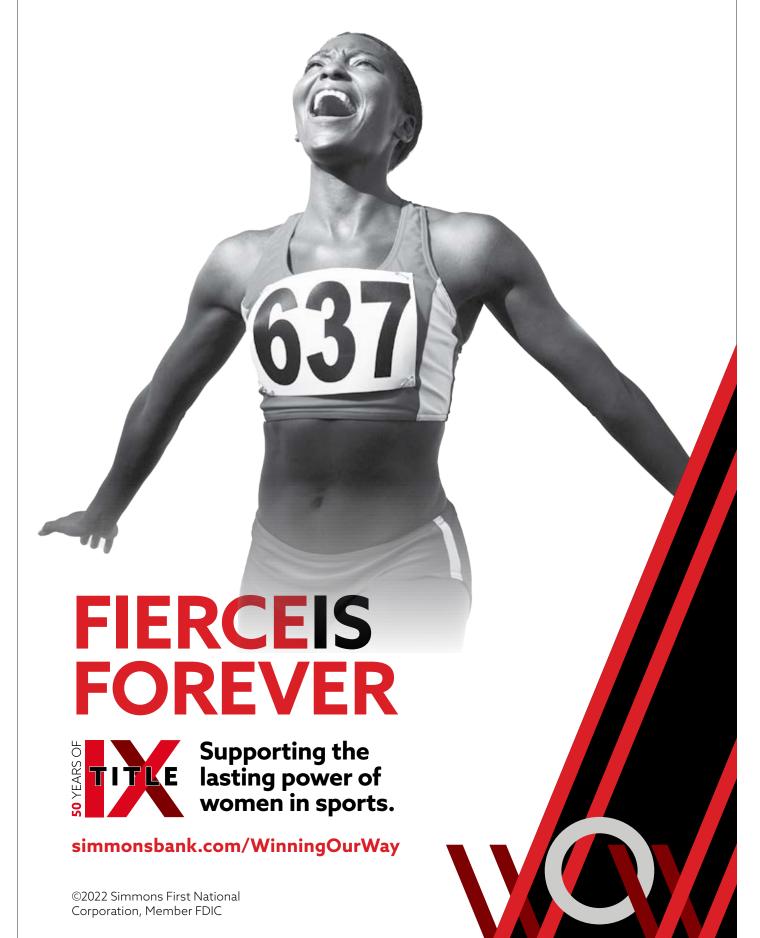


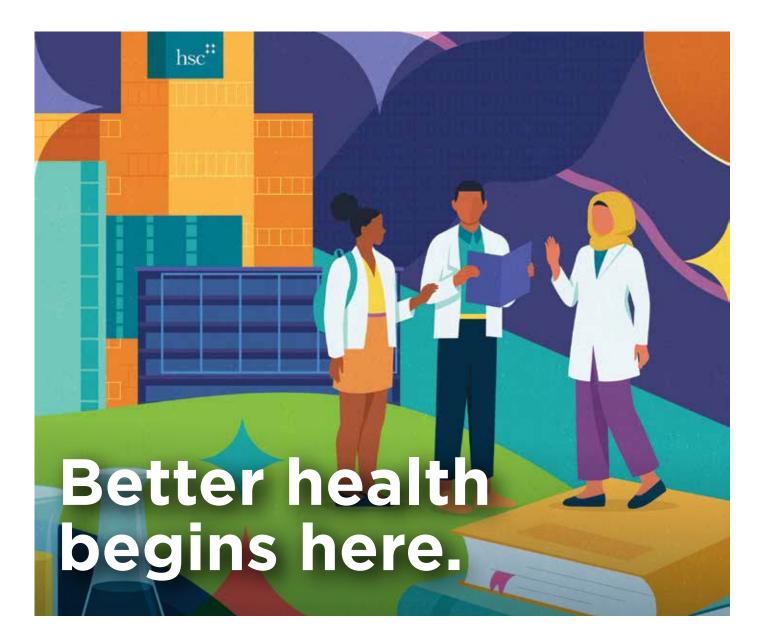












At HSC Health, we

believe in a whole health approach to quality care. Physicians and advanced practice professionals collaborate to develop personalized treatment plans to help patients achieve their health goals.

HSC Health Pavilion

855 Montgomery St., Fort Worth, TX 76107 817-735-DOCS (3627)

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Pediatrics



Family Medicine

- Metabolic & Longevity Center



Center for Older Adults

- House calls
- · Care in Fort Worth's premier continuing care communities
- Neuropsychology
- Research & Memory Care
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- · Physical Therapy

Specialty Care



Ambulatory Pharmacy



Cardiology

- Routine & advanced cardiac testing



Dermatology



Gastroenterology



Osteopathic Manipulative Medicine



Sports Medicine

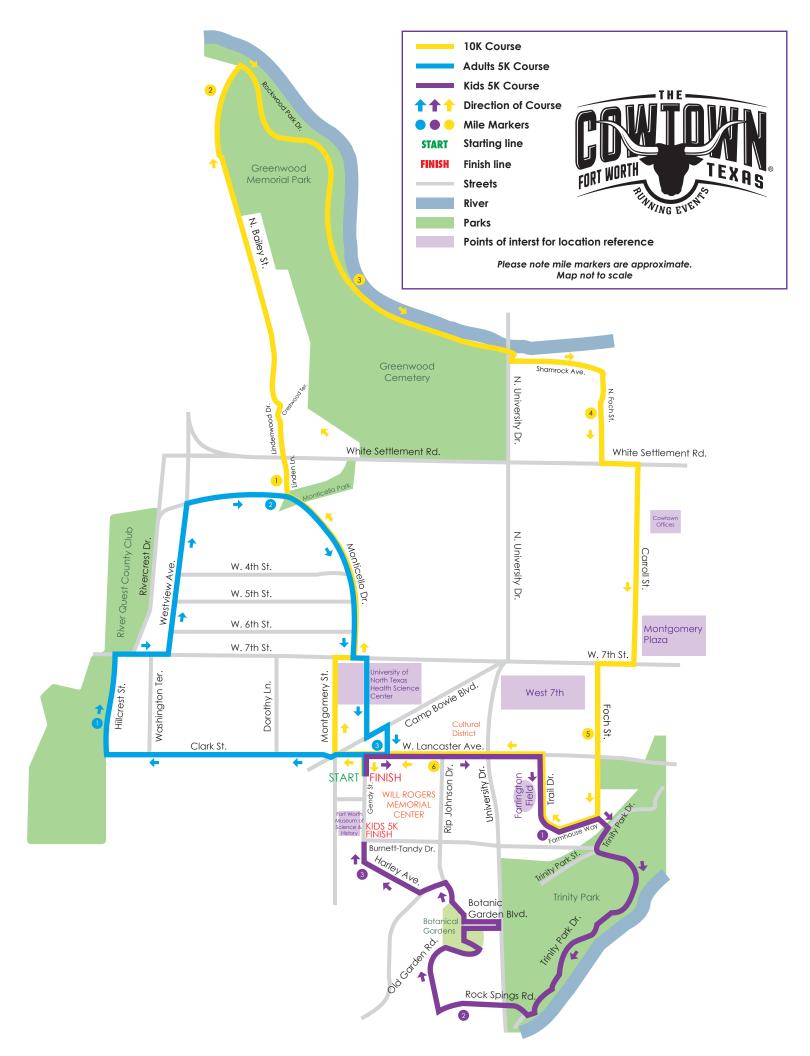


Performing Arts Medicine



Psychiatry & Behavioral Health





Race Tips by Medical Director

Dr. Jeff Beeson, UNT Health Science Center

BEFORE THE RACE:

Clothes and Gear

It is always best to stick with your plan. Race day is not the time to try something new, especially a new pair of shoes. If you run with gel packs, food and water, wear the appropriate carry straps or containers. Follow the weather updates and race announcements from the Cowtown staff regarding conditions. Wearing too many clothes can be just as dangerous as not wearing enough, so dress accordingly.

Weather

The Cowtown staff has been planning for months to ensure that every runner has a great race. The one thing they cannot predict is the weather. We are in Texas, so if you wait a few minutes, it could change. Runners should be prepared for any type of weather and plan to adapt to any changes. Cold weather increases the risk of certain injuries and increases the chance of falls when the ground is wet or icy. Hot weather increases the loss of fluids and electrolytes, which poses the greatest risk to runners. The weather can be an obstacle but coming prepared will keep you running. Here's more information to help you plan for success.

Medication

Remember that taking NSAIDs (Non-Steroid Anti-Inflammatory Drugs) can cause serious damage to a runners' kidneys. If a pain reliever is needed, acetaminophen (brand name Tylenol) is the best recommendation. Please discuss any medications you may need with your personal physician and try to avoid medications not essential to your health.

Run Your Race

You have worked hard to prepare for this day. Run your own race, not someone else's. Maintain your normal pace and avoid getting caught up in the excitement of the start. Running too hard or too quickly will cause problems later in the race and puts you at greater risk for injury. Pay close attention to the road conditions and be prepared to change your pace if the weather changes.

DURING THE RACE

Stay Hydrated. Runners are constantly losing water. Many think water loss is caused by sweating but are unaware of the significant loss that occurs through breathing. This is why the humidity is as important as the ambient temperature. The body attempts to regulate water balance by controlling its sodium. Hyponatremia (low sodium) results when you do not have enough salts

in your blood. This usually occurs when runners drink water without supplemental electrolytes. This dilutes the remaining salt levels in the blood. Put another way, you need to replace salt as well as fluid during the race. Being over hydrated is as dangerous as being under hydrated and can cause problems during and after your run.

The time to develop your fluid replacement strategy is not during the race. Here are some suggestions: It is a good rule of thumb to eat or drink something every 30 minutes. Drinking a small cup of an electrolyte drink is a good place to start. Many runners like to replace carbohydrates along with electrolytes. There are bars, jelly beans or gel packs, or other commercial products that can be used. Bananas are a great energy food. Pretzels are a fantastic replacement for salt and carbs but are difficult to eat while running. Energy bars are the mainstay of nutrition for many runners. Cutting them into small pieces before the race makes them easier to consume while running.

There are aid stations every 1.5 miles along the courses. Electrolyte drinks are available, consuming something at every station will help ensure adequate hydration and replacement.

Runners who develop nausea, dizziness, or cramping may be suffering from dehydration and should seek medical attention. Medical personnel are available at the aid stations and throughout the course.

AFTER THE RACE

The race is over when you cross the finish line, but you still must take care of yourself. Remember, your body maintained a very high energy output for many miles during the race. This increased metabolism can be a friend or foe. First and foremost, continue walking after the race for at least 20 minutes. Standing still, sitting or lying down can affect blood flow while your body recovers. This could make you nauseated – causing you to vomit, feel dizzy, or light headed – and your muscles may feel very weak and start cramping. Walking while replacing fluids and nutrition will help prevent these symptoms. Remember, it is very important to eat and drink during your recovery. High protein with high simple sugars and electrolytes will aid the recovery process.

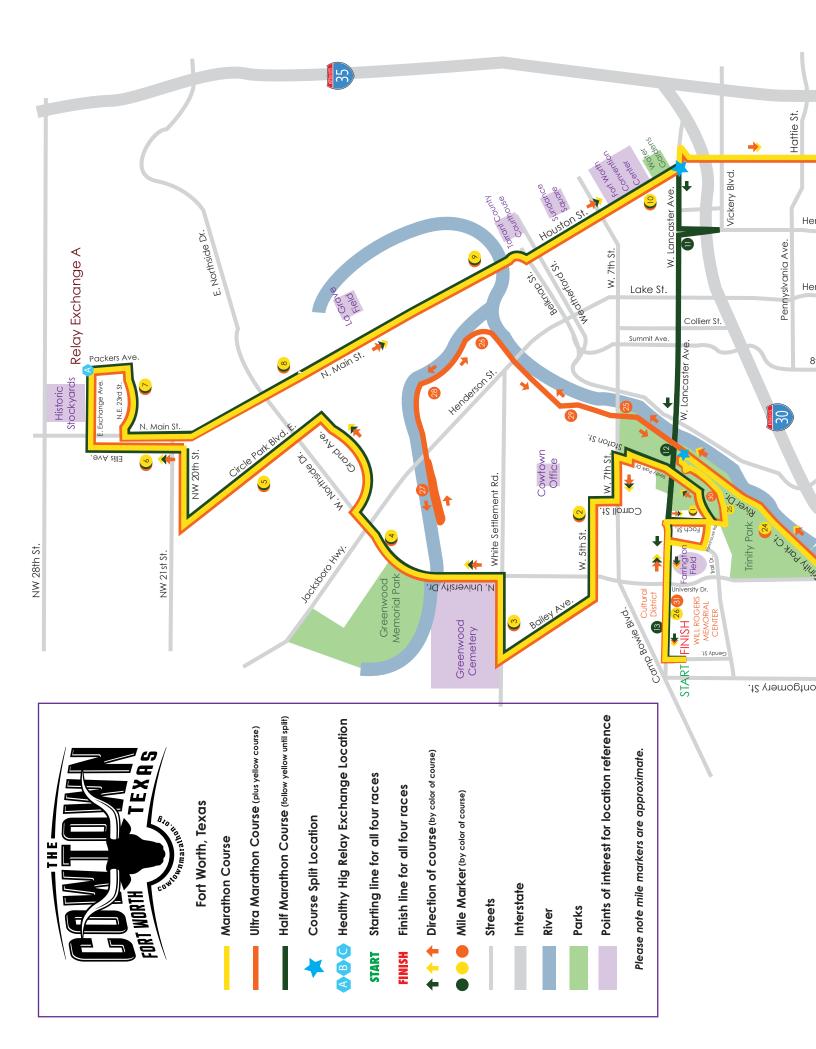
Also remember to stretch your muscles after the race. Anything that is sore needs to be stretched and/or iced. Cramps are no fun anytime but can be debilitating after a long race. If you start cramping or develop any concerning symptoms, seek medical attention. You can ask any official or look for the staff wearing medical vests. We are there for you!

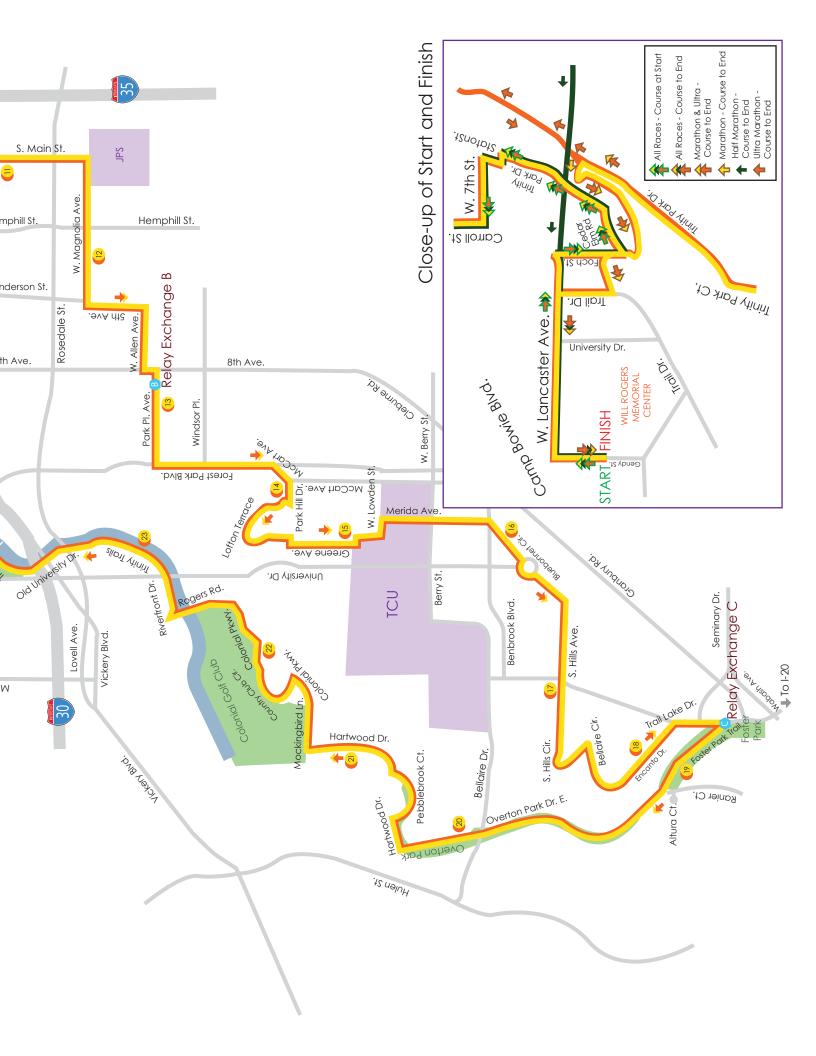






Proud Partner of the 45th Annual Cowtown Marathon





Relay Information

The 2023 Cowtown Healthy Hig 4-Person Relay will have 3 Relay Exchange Zones, with Relay Leg distances being between 5.7 and 7.7 miles and will be numbered based upon the timing chip exchange. For example, Exchange Zone A will be the hand off of Runner 1 and Runner 2.

Please note Relay distance order and exchange locations below.

LEG 1 - 6.6 Miles Start to Exchange Zone A

LEG 2 - 6.2 Miles Exchange Zone A to Exchange Zone B

LEG 3 – 5.7 Miles Exchange Zone B to Exchange Zone C

LEG 4 - 7.7 Miles Exchange Zone C to Finish Line

EXCHANGE ZONE A

• Exchange between Runner 1 and Runner 2 | Stockyards Station; Packers Street and Stockyards Blvd

(Relay Parking lot east end of Coopers BBQ lot – Relay runners will have to walk short distance to Exchange Point A)

EXCHANGE ZONE B

• Exchange between Runner 2 and Runner 3 | 8th Ave and Park Place Ave

(Relay parking across street at Cooks Children parking lot 8th Ave & Park Place)

EXCHANGE ZONE C

Exchange between Runner 3 and Runner 4 | Foster

Park - Trail Lake and South Drive

(Relay parking in Foster Park Parking Lot or on street parking)

FINISH LINE

Runner 4

Crosses finish line on Gendy south of Lancaster

Packet Pickup

There is one packet for each team!! It includes all 4 bibs. ONLY ONE PERSON FROM EACH TEAM NEEDS TO PICK UP THE PACKET, but all are welcome at the Expo!! Packet pickup confirmation is emailed to the team captain.

Team Format

A team consists of 4 members, a team can be fewer than 4 members (one or more members running more than one leg), but the entry fee is still the same. A team member can participate in more than one event as long as he/she is registered in each event. You must register and pay any additional race entries if you choose to run more than one event. (Note: you may only run Leg 1 of the Relay if you wish to also run the Half Marathon course, but you must have both Relay & Half Marathon bib visible). If you run any of the Saturday K distance races, you may run a leg of the Marathon Relay and be eligible for the Challenge medal.

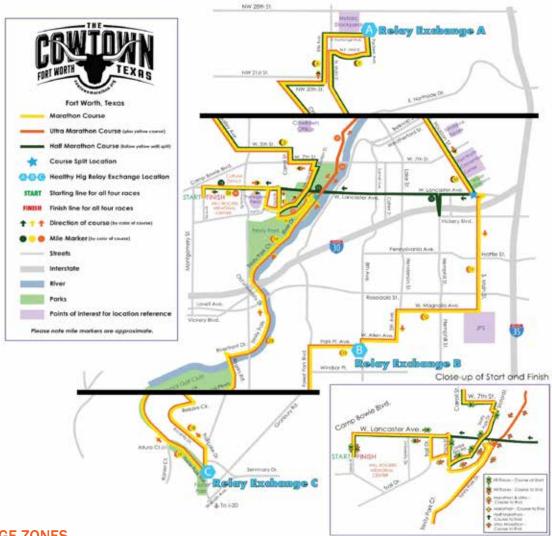
Each participant will cross an exchange at the end of their Leg. RELAY MEDALS WILL BE AVAILABLE AT THEIR EXCHANGE FINISH LINE.

We owe it to you, Fort Worth.

Higginbotham has called Fort Worth home since 1948, and we celebrate this milestone anniversary by honoring you. We thank our people, our customers and our community partners who have made our employee-owned company one of the largest independent insurance, financial and HR services firms in the nation.

Higginbotham is proud to sponsor the Healthy HIG Relay at The Cowtown Marathon.





EXCHANGE ZONES

There will be Shuttle transportation to and from the Relay Exchanges.

- Leg 1: Runner 1 takes off from the Start line, runs 6.6 miles and exits course for Runner 2 at Exchange Zone A Packers Drive & Stockyards Blvd (at the East end of Stockyards Station)
- Leg 2: Runner 2 runs 6.2 miles and exits course for Runner 3 at Exchange Zone B – 8th Ave & Park Place Ave
- Leg 3: Runner 3 runs 5.7 miles and exits course for Runner 4 at Exchange Zone C – Foster Park (Trail Lake & South Drive)
- Leg 4: Runner 4 runs 7.7 miles to the Finish Line Driving Directions for relay stops to avoid as much traffic as possible.
- Relay Exchange 1 (Stockyards Station)

Access the parking lot via 28th Street turning by Wells Fargo bank by Billy Bob's parking sign. Drive south thru parking lot to Stockyards Blvd and park in eastern corner closest to exchange point and walk the short distance to the exchange zone.

Relay Exchange 2 (8th Ave & Park Place)

Access Cook Children lot from I-35 & Allen street turning left on Hemphill, right on Jefferson, right Henderson, left Park Place to side entrance of Cook Children parking lot @ Park Place and 8th Ave.

Relay Exchange 3 (Foster Park -Trail Lake & South Dr)
 Access Foster Park via Trail Lake or Granbury Rd from I-20; follow Trail Lake to South Dr and park in lots at Foster Park.

OTHER DETAILS:

- Relay Finisher Shirts runners will be sent a link post-race to purchase a Relay Long Sleeve ¼ zip Finisher Shirt
- Pre-packaged Race Day Food Bag will be provided for all relay runners for Legs 1-3 after exiting the race course once their leg is completed.
- Challenge Medals will be available to all Marathon Relay runners who also participated in any Saturday K distances. Challenge medals will ship after race is over to all Challenge participants that completed both chosen races.

All other questions or inquiries please email info@ cowtownmarathon.org

Post Race Information

Finisher Shirts

Finisher shirts for the Ultra Marathon, Marathon and Half Marathon will be available for pickup during packet pick-up at the Health and Fitness Expo.

Race Photos

Marathon-Photos USA is the event's official photographer and videographer. They will take photos as well as video along the course and after the finish line. Please make sure your bib number is worn on the FRONT and visible at all times. Photos will be available for purchase within 4 days following the event. Direct inquiries to www.marathon-photos.com.

Lost and Found

Any item found during the race will be taken to the Volunteer Desk located the Will Rogers Memorial Center Coliseum. Clothes discarded on the route will be collected by Cowtown volunteers and staff and donated to the local homeless shelter.

BKV Refueling Area

Delicious, healthy food and drinks will be available after the races to runners wearing a bib number in the Will Rogers Memorial Coliseum plaza off the circle drive on both Saturday and Sunday. A beer garden featuring Miller Lite will be located there

for participants 21+ years of age. Each participant is allowed 2 beers. You must present your bib to the servers. Please drink responsibly. Spectators will have the opportunity to purchase refreshments from Will Rogers vendors.

Race Results

Results for all finishers will be online at cowtownmarathon.org

The Cowtown Challenge

Finishing both a short distance race and a long distance race whether virtually or in-person on Saturday, February 25 and Sunday, February 26 makes runners eligible for The Cowtown Challenge. Register for the challenge and finish two designated distances. Challenge medals and challenge shirts will be available for pick-up after the race on Sunday in the Simmons Bank Reunite area.

Simmons Bank Reunite Area

Reunite with family and friends, celebrating your completion of any race distance at the Amon Carter Square along Lancaster Ave. in front of Will Rogers Memorial Center ticket booths.





















Chairman List

Michele Amsterdam, Finish Line Co-Marshall Gary Anderson, Coach Gary/ Finish Line Gate Keeper Heath Aucoin, USATF / Sustainability Greg Bastian, Pacers Co-Chair Chris Beckrich, Police Coordinator Dr Jeff Beeson, Medical Director Jon Bonnell, Announcer Gary Brumley, Pacer & Elite Coordinator Lynne Caruso, Teams Darrell Carothers, Medical -Course Leslie Casey, Media/ Troubleshooter Jon Clark, Ultra Turn Coordinator Amy Clark, Ultra Turn Coordinator

Kelci Cox, Cheer / Neighborhood Liaison

Gerry Dalton, Communications
Kathy Davis, Food Distribution
David Depuma, Corrals
Shahla Durany, Volunteers
LeeAnn Embry, Break Away Tape
Edwin Esparza, Fluid Stations
Dan Fergus, Fluid Hot Shot
Philip Fishbane, Elites / 10K
Coordinator

Terri Garner, Party/VIP Chair Karen Greenwood, Will Rogers Coordinator

Clif Hall, Course Monitors Chairman

Kathy Hamilton, Gate Keeper Kristine Harper, Legacy Chair / Corrals

Christopher Harper, Finisher Shirts / Gate Keeper

Katy Heesch, Asst to Medical Director

Patrick Hennessey, Split Coordinator

Macy Hill, Finish Line Medals Stephanie Hoang, Legacy Booth / Lost Children

Brian Hocker, Logistics/ Announcer/Board

Tyrone Hodges, Fluid Stations Cheri Howard: Lost Children

Doug Howard: Will Rogers Coordinator

Brenda Howell, Neighborhood Liaison

Charles Inmon, Asst. Radio Communications

Paul Innes, Finish Line Co-Marshall

Jay Iorizzo, Corrals

Bob Kaman, Solutions/Board Member

Paul Keese, Operations/VIP Tent Kevin Kett, Corrals Janice Kett, Corrals

Debbie Kimbrel, Food
Distribution

Ray Kunze, Expo/Announcer Adelaide, Leavens Gear Check

JW May, VIP Tent

Dave McDowell, Merch

Bette McDowell, Team Registration

Deanna McNair, Kids Medals Chair

Jared Melugin, Split Coordinator Johnny Mendiola, Fluid Hot Shot Elizabeth Mendiola, Health

Dept./Media Tent/Wheels

Danielle Mendiola, Health Dept/ Media Ten

Ralph Mendoza, Board Member / SEERS Trailer

Brad Moulard, Medals Co Chair Raul Najera, Timer-Run Far Racing

Meghan Najera, Timer-Run Far Racing

Doug Newell, Course Marking Kimberly O'Connor, Finish Line Medals

Jack Ogle, Structure / Finish Line Medals

Ryan Peacock, IT/AV

Dick Ramser, Traffic/Corral Control

Todd Reynolds, Gate Keeper Finish Line

Mark Smith, Beer Coordinator John Studebaker, Cyclists / Finish Line Medals

Jay Sutherland. Finish Line Photos

Larry Swartz, Medical - Course Jean Tips, Board Member / Media

Neal Walker, Wheelchair Chair Assist

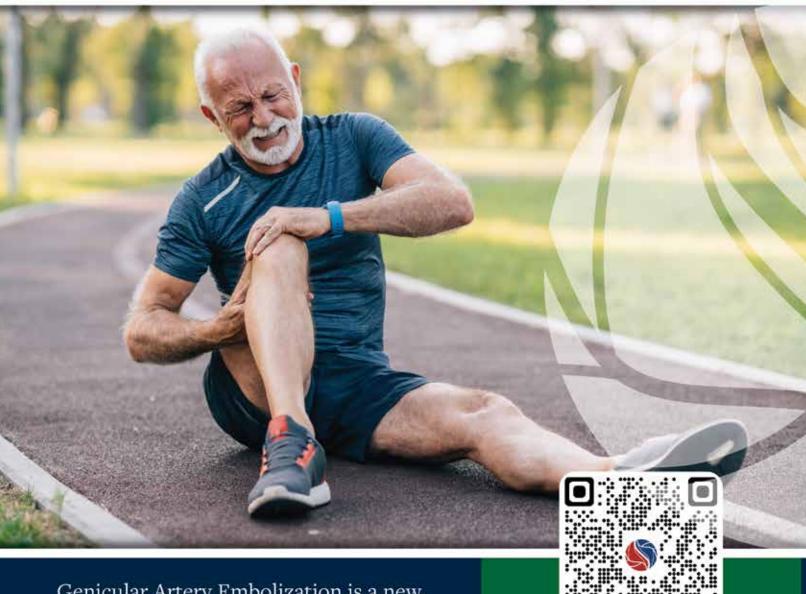
Perry Moore, Lead Clock Car Allyn Welker, Food Distribution Chair

Floyd Wine, Traffic/Corral Control Sarah Winklespect, Runner Shirts

NEW TREATMENT FOR KNEE OSTEOARTHRITIS

Genicular Artery Embolization





Genicular Artery Embolization is a new, **minimally invasive**, outpatient procedure that directly targets the sensory pain fibers associated with osteoarthritis of the knee.

- · Alternative to open surgery
- Treats the root cause
- · Pain relief in a few days
- · Short recovery
- · No scarring
- · Long-lasting results

CONTACT OUR TEAM TODAY
TO SCHEDULE A CONSULTATION
WITH ONE OF OUR
INTERVENTIONAL SPECIALISTS