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'Demystifying the World of Running' — Webinar With Owner of Darien Running Shop

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Over the past year, we have seen more people running than ever before. People of all skill levels took up running to stay active, get out of the house or replace their gym regimen.

This online webinar, "Demistifying the World of Running" takes place from 7 to 8 p.m., Wednesday, April 14.

— *an announcement from* [Performance Optimal Health](#)

After choosing running shoes, finding new trails and building up your stamina, you may now be thinking, “where do I go from here?” Maybe you want to build up your confidence, or you want to find a community

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to run or walk with.

Join Britt Gunsser, DPT, CSCS, and [Darien Running Company](#) owner Megan Searfoss as they discuss the recent spike in new runners, how apps like Strava brought people together when they were apart, and how to find your place in the world of running.

Whether you prefer to walk, jog, hike or run, there's a spot for you.

This webinar is free but requires [registration](#).

[Britt Gunsser, DPT, CSCS](#), has completed extensive work on running rehabilitation and is an RRCA Running Coach. As a physical therapist, Britt takes a comprehensive approach to recovery, taking an in-depth look at the causes of injury and conditions to provide the best treatment possible.

Megan Searfoss is a mother, author, participant in the Ironman World Championships, and owner of [Ridgefield and Darien Running Companies](#). Megan is passionate about engaging women to make health and wellness a part of their lives through [Run Like a Mother](#), a company she started in 2008.

