

World Champion Triathlete to Teach Proper Running Form at The Siena School

Elite athlete to demonstrate world-class running technique



SILVER SPRING, MD, November 27, 2007 – This **Thursday, November 29th**, from **11:00am to 1:00pm** The Siena School (“Siena”) will receive a special visit from, **Margie Shapiro**, a world champion triathlete and member of the U.S. national team (www.margieshapiro.com). Ms. Shapiro is also a founder and owner of the Potomac River Running Stores and directs the Potomac River Running club. Siena’s middle and high school students will participate in a running clinic taught by Ms. Shapiro that will cover key elements of proper running technique. For media attendance, please contact Bekah Atkinson (information above).

In recent years, athletes and coaches have begun to appreciate the critical role that running form plays in overall performance. To compete at the highest levels, athletes don't just need to run further and faster, they need to run properly. Ms. Shapiro is one of the area’s most accomplished running coaches and specializes in teaching proper running form as captured in the Evolution Running methodology. Evolution Running teaches runners efficient and injury-reducing techniques (www.evolutionrunning.com). The method was developed by Ms. Shapiro’s own coach, **Ken Mierke**, of Fitness Concepts in Fairfax, VA.



Ms. Shapiro will run three classes from 11:00am-1:00pm. Her running experience comes from competing locally in high school cross country and track, later for Georgetown University, and locally on the road for the past several years. In addition to coaching adult runners, Margie coached at the high school level for over five years, working with teams of over 120 athletes of varying abilities and goals. In recent years, Margie has switched her focus to triathlon. Margie recently became a professional triathlete, having completed her 2005 triathlon season undefeated as an amateur, (including regional races such as Columbia, Diamond in the Rough, Philadelphia, and Reston, culminating with an overall win by more than three minutes at the ITU World Age Group Triathlon Championships (Honolulu, HI) in October 2005. Margie is currently ranked among the top 8 Americans and is pursuing Olympic aspirations in triathlon.

Margie Shapiro Profile (more at www.margieshapiro.com)

- Born December 30, 1976. Fourth of 5 children.
- Ran track and cross country at Georgetown University.
- Two children: William (born December 2000), Molly (born August 2003).
- Former high school Spanish teacher and track coach. Currently tutors Spanish.
- Currently coaches runners (Potomac River Running) and triathletes (Fitness Concepts).
- Opened Potomac River Running stores with husband Brendan, sister Cathy, and brother-in-law Ray in 2003.
- Completed first full season of triathlon in 2002.
- Won overall ITU World Age Group Championship 2005.



About The Siena School

The Siena School is an outstanding new private school in Silver Spring, Maryland serving bright, college-bound students with language-based learning differences, such as dyslexia. Siena's staff and board of advisors include distinguished national, state and local education leaders and professionals. The school was established in 2006 to serve students in grades 5 – 9, and will grow to serve grades 4 – 12 by 2009. Siena's program is designed for students with mild to moderate learning needs who are experiencing a discrepancy between their academic achievement and intellectual abilities in one or more areas such as reading, writing, oral expression or math. Siena delivers an individualized educational program featuring small class sizes, research-based instructional methodologies, a highly trained staff and an educational environment specifically designed to meet the unique needs of our students. For further information, The Siena School can be contacted at (301) 592-0567 or on the web at www.thesienaschool.org.

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