



National Fitness Expert To Speak at NC Arboretum

Summer's longer days and active outdoor pursuits, make it a great time to start walking for better health! Join nationally-known fitness coach, speaker and author Roy Benson, for the lecture "Walking for Fitness," on Tuesday, July 18, from 6:30 to 8:30 p.m. at The North Carolina Arboretum. This program is a wellness partnership between The North Carolina Arboretum and Diamond Brand Outdoors.

Participants will learn how to start a walking program that provides benefits, avoids injury and is easy to maintain. Topics to be covered include goal setting, nutrition, injury prevention and treatment, injury recognition, appropriate clothing and footwear, and the latest in technical speed equipment.

An exercise scientist and distance running coach, Benson has a Master's Degree in physical education, with an emphasis on exercise physiology, from the University of Florida, and a Bachelor of Arts degree from Dartmouth College. He has been an adult fitness specialist since 1976, and is nationally-certified as a Fitness Instructor by the American College of Sports Medicine. Benson has instructed military, club, university and high school running teams for more than 40 years. From 1969-79, Benson served as Head Cross Country Coach and then Head Track Coach at the University of Florida. During his tenure with the Gators, he was both president and Executive Director of the world-famous Florida Track Club, which placed marathon gold medallist Frank Shorter, among others, on the 1972 US Olympic Team.

Currently, Benson is owner/president of Running Ltd., in Atlanta, and serves as a NIKE techlab consultant for pace, distance and heart rate monitors. The author of *Running Precision* and *Secret Workouts*, Benson is also a senior writer for *Running Times* and *Running Journal* magazines. He has managed summer camps for both adult and high school runners in North Carolina and Vermont for 34 years.

Also speaking will be David Burns, a Board-Certified Pedorthist with Diamond Brand Outdoors, the well known, Western North Carolina-based outdoor outfitter. Burns will talk about the importance of selecting the right footwear to support and maintain a new exercise regiment, as well as to avoid injury or setbacks in exercise goals. Participants will learn about foot physiology, correct shoe fit, orthotics, shoe modifications and other footwear issues.

The program fee is \$9 for Arboretum Society members and \$12 for the public. Paid, pre-registration is required. To register, or for more information, call 828-665-2492 or visit www.ncarboretum.org.

The mission of The North Carolina Arboretum is to cultivate connections between people and plants.

The North Carolina Arboretum is located next to the Blue Ridge Parkway entrance ramp at Milepost 393. From I-26, take Exit 33 (previously Exit 2) and follow Blue Ridge Parkway signs for two miles to the entrance ramp. Arboretum grounds are open 7 days a week. Property hours are 8 a.m. to 9 p.m., April-October and 8 a.m. to 7 p.m., November-March. The Visitor Education Center and Bonsai Garden are open Monday through Saturday from 9 a.m. to 5 p.m. and on Sundays from Noon to 5 p.m. Parking: \$6 per personal motor vehicle, \$25 commercial vans and \$45 tour buses. No parking fee applies for NC Arboretum Society members. All day Tuesday, parking is free for all visitors. For more information call 828-665-2492 or visit our website at www.ncarboretum.org

Diamond Brand Outdoors, Western North Carolina's oldest outdoor outfitter, is the first and only outdoor retail operation in the country with a team of certified pedorthists to aid customers in foot analysis and correct shoe fit. With stores in Arden and Asheville, Diamond Brand offers a quality selection of shoes, clothing, equipment and supplies for camping, hiking, climbing, canoeing, kayaking, backpacking, fly fishing and more. For more information, call (828) 684-6262 or toll-free (800) 459-6262.