

Lisa Chase and her highly skilled team will be offering athletes the opportunity to experience cutting edge therapy & technology to help speed healing after the race. Complimentary services include: Bemer Therapy, Massage, Stretching, Foam Rolling, Massage Sticks, Hypervolt Percussion Therapy and Therapeutic Essential Oils. In partnership, Elite Body Cryotherapy will be offering Normatec Compression and Cryotherapy in the Recovery Zone.

All services are provided on a first come, first served basis. If you'd like to experience one or all of these services, please do the following upon completion of your race:

- Register at the Recovery Zone check-in desk, located in the Athlete's Village.
 Back 2 Normal will have 6 lines to access handheld devices. You must register to secure your place in line.
- During registration, select all services (Bemer, Massage, Stretching Station) you wish you to experience.
- Sign the Informed Consent/Release (must be 18 or older to receive services).
- Following registration, use your phone to scan the QR code below to monitor your place in line for Massage. The QR code will also be displayed in the Recovery Zone for on-site access.



- Bemer and Stretching Station are first come, first served, so please take advantage of those services while you wait to be called for your Massage.
- All athletes are advised to stay in close proximity to Recovery Zone. If your name is called for Massage and you are not present, you may lose your place in line.
- Separate registration and consent forms will be required by Elite Body Cryotherapy for Normatec Compression and Cryotherapy.