

Ask the Expert

Here at Fleet Feet Annapolis we work closely with many running experts, coaches, doctors and medical professionals to meet your needs whether they pertain to the appropriate shoes, inserts or medical accessories you need or for your personal fitness training. We have put together a panel of these experts to help answer your running and health related questions. Are you injured? Have a coaching question? Want some advice on race strategy or completing your first triathlon? Our panel can answer these questions and many, many more. Fill out the form via the link below, pick a topic of interest and submit it. Questions and answers with relevance to a broad audience may be posted from time to time in our Frequently Asked Questions section. Our panel members may change from time to time to allow a wide variety of resources and perspectives for you!

Click here to ask your question! Our panel of experts: Suzette Langley, MSW, Executive & Personal Coach, Certified Peoplemap Trainer, Team Builder. Suzette coaches clients to tap into their natural strengths and abilities and develop strengths to reach their peak performance. Developing and using strengths are key to managing stress and time, maintaining life balance and creating a healthy lifestyle. Suzette uses the Peoplemap, a short, user-friendly assessment tool, to identify personality type strengths and facilitate improved communication in a short period of time. The Peoplemap system provides modules on improved communication, leadership development and team building.

Jennifer Kyritsis, PT, MS, Certified MDT Jennifer is a Physical Therapist in Annapolis area. She received her BS/MS of Physical Therapy from Boston University in 1997. She is also holds certifications and memberships in various local and national organizations such as: APTA state, national and aquatic sections, Certified McKenzie Therapist, member of the Annapolis Jaycees and Southern Maryland Arthritis Foundation Board Member. Jennifer has experience in all Physical Therapy settings including acute care, inpatient rehab, nursing facility and outpatient. And she has vast experience with multiple patient populations in areas of ortho, cardiovascular, respiratory and neurological. Jennifer has continued to broaden her educational experience by studying: McKenzie Part A, B, C, D and E, myofascial release, strain counterstrain, vestibular rehabilitation, mobilizations with movement/The Mulligan concept, ETPS neuromechanical therapy, aquatic rehab, evaluation of the injured runner, ergonomic rehabilitation, Z health dynamic mobility services, back-to-golf rehab, geriatric strength training, practical pilates for clinicians and SASTM/Sound assisted soft tissue mobilization. Her hobbies include: co-ed softball, tennis, volunteering for local organizations and she is an avid Red Sox fan. Sue A. James, MS, RD, LDN Sue is president of Pinnacle Health & Wellness, LLC, a consulting firm that provides health, wellness, and sports nutrition programming to businesses, schools, and organizations. James received her MS degree in nutrition with a focus in sports nutrition from Georgia State University and her BS in nutrition from Purdue University. Pinnacle Health & Wellness, LLC, clients include the Baltimore Ravens, the Baltimore Orioles, Johns Hopkins University, and the International Association of Firefighters. James has been honored to be a presenter for the U.S. White House's Wellness Seminar Series and the Healthier U.S. Fitness Challenge. James has been quoted in the New York Times, the Baltimore Sun, and has been a frequent guest on "Talk Back Live", a radio program in Baltimore. She is excited to be a new contributor to the NFL's Play 60 website which is dedicated to improving the health of children throughout the United States. She is a member of the American Dietetic Association (ADA), the Maryland and District of Columbia's Dietetic Associations, and ADA's Sports, Cardiovascular and Wellness Nutritionists, in which she has held several leadership positions. She is a board member of the Annapolis & Anne Arundel County Boys & Girls Club and has volunteered with the Leukemia Society's "Team in Training" and the annual MS Walk. James is a fitness and sports enthusiast who has participated in a variety of fitness and running events. She believes that being active, loving what you do, and everything in moderation are the keys to living well.