

WINTER RUNNING INSPIRATION

Presented by



Physiotherapists: Tyson Plesuk, Louise Taylor & Jill Farmer - Massage Therapists: Dennis Baltazar & Robin Adair

Palliser Conference Centre | Thursday | 01-26-2017 | 6:45pm-9:30pm



Jessica O'Connell
2016 Olympian
(5000 meters)



Dave Proctor
Ultrarunner & Guinness
World Record Holder



Adam Campbell
Trailrunner, Mountain
Athlete, & GWRH



Arielle Fitzgerald
Ultrarunner, Obstacle
Course Race Competitor,
& GWRH



Gavin Grobbelaar
Ultrarunner & triathlete

2016 has been a great year at Movement Sports Clinic, as we had the opportunity to treat so many talented Calgarians.

Come and hear from five of these individuals and elite Calgary based runners as they tell their stories and discuss some running hot topics. If you are in a winter running funk or are needing motivation this evening should make you want to lace up and get running.

This event is also a fundraiser for MitoCanada, a charity that fundraises to improve awareness and raise money for research on mitochondrial disease. This inherited disorder impacts energy production of our cells and leads to developmental, movement and cognitive disability.

Schedule:

6:45pm - 7:00pm	Registration
7:00pm - 8:45pm	Speakers
8:45pm - 9:15pm	Hot Topic Panel
9:15pm - 9:30pm	Questions
9:30pm	Draw Prizes

Tickets are \$25.
All admission fees
will go directly to
MitoCanada.

There are a lot of amazing draw prizes to be won from our sponsors!



Please contact nadine@movementsportsclinic.ca to register.