

FREE TICKET



TO FITNESS

Speaker's Corner

Friday, May 16, 12:30 pm to 5 pm
 Saturday, May 17, 10 am to 5 pm
 World Trade and Convention Centre,
 1800 Argyle Street, Halifax

[www.blunosemarathon.com/
 races-events/active-living-expo/](http://www.blunosemarathon.com/races-events/active-living-expo/)

Fitness doesn't come with a free pass. But we can give you free access to the hard-won knowledge of experts. This includes an Olympian, nutritionists, sports injury specialists, seasoned runners, a yoga instructor and more.

This is the largest Speaker's Corner we've ever had. From two main stages, 23 experts will speak, debate and take your questions about the latest in active living. Sessions will last approximately 20 minutes and will be offered every half hour on two levels.

Just starting to get serious about your fitness? Or ready to tackle a triathlon? Check the Speaker's Corner schedule below for your interests.

BLUE NOSE MARATHON
Speaker's Corner Schedule

FRIDAY	Speaker(s)	Presentation Title
12:30 pm	Geri Wallace & Gina Brown	Tips for Newbies
1:00 pm	Karen Furneaux	Empowering Yourself to Create Your Best Performance
1:30 pm	Dr. Richard Thompson Ryan Young	Panel on Alternative Therapies: Active Release Technique and Sport Massage
2:00 pm	John Stanton	What to do Before, During & After Race Weekend
2:30 pm	Kerry Copeland	Kids' Running—Tips for Parents
3:00 pm	Luke MacDonald	Sparks Fly—Engaging kids in physical activity in the classroom to relieve stress and promote learning.
3:30 pm	Angela Dufour	Food is Fuel: Planning Meals for Maximum Performance
4:00 pm	Michelle Kempton	Runner's Resilience: Losing 120lbs, Gaining Some Back and Starting Over
4:30 pm	Geri Wallace and Gina Brown	Tips for Newbies
SATURDAY		
10:00 am	Michelle Anderson	Tips for Newbies
10:30 am	Moka Case & Jennifer Lewandowski	Triathlon-Try It!
11:00 am	Bill VanGorder	Nordic Pole Walking: Fitness and Health for All Ages
11:30 am	Youth Run	CBC web live stream on screen
12 noon	Philip Biwott, Sarah Chebet & John Ewoi	Q&A Fast Runners: What makes these Kenyans so darned fast?
12:30 pm	Devin Sherrington	How to Cross Train for Runners
1:00 pm	Michelle Kempton	Support Your Girls: Proper Bra Fitting
1:30 pm	Luke MacDonald & Paul Makinen	Minimal vs. Maximal vs. Individual— which Running Shoes?
2:00 pm	Wendy McCallum	Top 10 Tips for Raising Healthy Eaters
2:30 pm	Dr. Krista Borrowman, Andrea McCulloch & Dr. Erin Balodis	Panel: Treatments for Plantar Fasciitis, Shin Splints and Injury and Muscle Recovery
3:00 pm	Tony Mancini	Finding Time to be Active
3:30 pm	John Stanton	What to do Before, During & After Race Weekend
4:00 pm	Kaitlyn Skinner	Yoga For Runners
4:30 pm	Michelle Anderson	Tips for Newbies

Note: Schedule is subject to change. Please check www.blunosemarathon.com for the latest updates.