

DISTANCE RUNNING SEMINAR PREVIEW

Date: Sunday 18th April, 2010 Time: 1.00pm to 5.00pm
Venue: Burswood Water Sports Centre
Cost: \$5.00 for WAMC financial members
\$10.00 for non members and WAMC members on the day

AIM

For whatever reason you run, be it fun, fitness, or personal achievement, the aim of this seminar is to help you get more from your running. Whilst the prime target is runners preparing for a marathon, in particular, the Perth Marathon on 20th June 2010, the topics under discussion will also greatly assist in the education of runners of all ambitions. We have four presenters who are the absolute crème de la crème in their fields and the topics to be covered are:

TRAINING PROGRAMMES – Presented by Ray Boyd

Ray is one of WA's best distance runners with a marathon PB of 2.13.50 in the Chicago Marathon (although it was an Olympic marathon qualifying time, he narrowly missed selection for the Sydney Olympics). He has a wealth of knowledge on distance running training. This information should ensure we achieve our goal, whether it is a 3-hour or 5-hour marathon or any distance running event.



NUTRITION – Presented by Glenn Cardwell

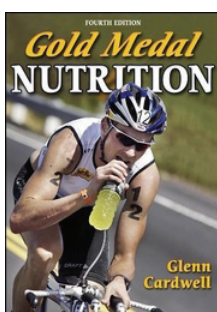
Glenn is an Accredited Practising Dietitian with 28 years in clinical and public health nutrition, including 10 years as consultant dietitian to the National Heart Foundation, five years at the Children's Hospital in Sydney. He has given nutrition presentations throughout Australia, New Zealand, Malaysia, Spain and Britain, on healthy eating, sports nutrition and weight control. Glenn is the author of several books, the main one being **Gold Medal Nutrition** that is in its fourth edition. He's an award winning professional speaker and is worth listening to if only because he believes that chocolate and red wine are essential food groups.

BIOMECHANICS – Presented by Darryn Sargent

Darryn is a podiatrist operating out of the Peak Podiatry Centre in Subiaco, is a graduate from Curtin University and has received a Fellowship of the Australasian Academy of Podiatric Sports Medicine. Darryn attended the Sydney 2000, Athens 2004 Olympic Games and Melbourne 2006 Commonwealth Games, ran his inaugural marathon in 2007 (New York Marathon) and is a regular presenter at our seminars. He will discuss what "pronation" is all about, including the footwear necessary to keep us injury free.

INJURIES & WOMEN IN RUNNING – Presented by Dr. Carmel Goodman

Carmel is a runner and also a highly acclaimed practitioner in sports medicine. Carmel has been the Team Doctor for Australian Women's Hockey Team at the last 3 Olympic Games, and Team Doctor for the Australian Men's and Women's National Rowing Team (and still is). She will discuss some of the more frequent running injuries (common to all runners - male or female) including diagnosis, management and prevention. Carmel will also cover specific problems that distance running can cause in some women, how to avoid these problems and stay a healthy runner.



Bonus

*Glenn's "Gold Medal Nutrition"
will be available for sale at the seminar
at a special price of*

\$30 (rrp \$36.95)

