

2019 WAMC DISTANCE RUNNING SEMINAR

Sunday 3rd of March 2019

1:30pm – 5:00pm

WAMC Clubrooms, Burswood Water Sports Centre
1 Camfield Drive, Burswood



RUN FOR FUN & FITNESS, ANY PACE, ANY DISTANCE

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COST

WAMC Financial Members - \$5.00

Non-Members - \$10.00

CLOSING DATE FOR REGISTRATION

Online registrations close at 12 noon Friday, 1st March 2019.

Registrations can be taken 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, the topics under discussion will also greatly assist in the education of runners of all ambitions.

We have four guest speakers – Jon Kappler, Sarah Bissett, Cameron Johnson and Alex Dreyer who are the absolute crème de la crème in their fields.

AGENDA

1:30 - 1:35 – Introduction – Evan Kolbe

1:35 - 2:15 – Training Programme & Goal Setting – Jon Kappler

2:15 - 2:55 – Biomechanics & Footwear – Sarah Bissett

2:50 - 3:10 – *Break*

3:10 - 3:50 – Minimising Injury Risk – Cameron Johnson

3:50 - 4:30 – Nutrition – Alex Dreyer

4:30 - 5:00 – Q&A with Guest Speakers – Evan Kolbe

ABOUT OUR SPEAKERS

Jon Kappler

Topic: Training Programme & Goal Setting

Jon is the Club's interval coach and runs the training session at Perry Lakes on Tuesday nights. He runs distances from 1500m through to full marathons. Jon was training partners with WA's first female Olympian marathoner, Sue Malaxos (1996 Atlanta) and also assisted with coaching. Jon's knowledge should ensure we are suitably prepared to achieve our goal, whether it be a 3-hour or 5-hour marathon or any distance running event.

Sarah Bissett

Topic: Biomechanics & Footwear

Sarah has over 20 years of experience as a Podiatrist. Her interest has always been in biomechanical and sports related injuries, she enjoys the challenge and reward of helping get people back on their feet. Sporting interests include trail and road running. Sarah completed an Ultra Marathon in 2011 and now this is ticked off her bucket list she prefers the half marathon distance or less and would have to say the Great Ocean Road half marathon would be a favourite given her liking for hills and an ocean view. More recently Sarah has become a Mum and chasing a very energetic toddler is great for fitness and has given new perspective for dealing with Paediatric patients, an important aspect of Podiatry. Sarah was a graduate from Curtin University and has had experience in running her own practice and working with a biomechanically focused Podiatry practice in Melbourne. She is a member of the Australian and Sports Medicine Associations of Australia.

Cameron Johnson

Topic: Minimising Injury Risk for Runners

Cameron is an APA Titled Musculoskeletal Physiotherapist, and sub 30 minute 10km runner. He worked for eight years for Pace Sports Management in London treating the world's best distance runners, and with Melbourne Track club and Athletics Australia treating Australia's best. He currently works in private practice and at the University of Notre Dame teaching Physiotherapy students.

Alex Dreyer

Topic: Nutrition

Alex is a dietitian specialising in training, racing, and lifestyle nutrition for endurance sports. As a competitive runner and running coach, Alex has a special focus on nutrition for all levels of runners, and has a close professional relationship with many track, road, trail, and ultra-runners from Western Australia. Alex has significant experience delivering realistic and practical advice to the WA running community and has a strong focus on combining the latest in sports nutrition research with real world factors such as busy work and family schedules, and shopping on a budget. A 2hr 29min marathoner, Alex also translates his experiences with sports nutrition to deliver talks that will benefit all runners, whether they are aiming for their first 5k or their fastest marathon.

2019 UP COMING WAMC SPECIAL EVENTS

April 6th & 7th – Asics Bridges Fun Run & Expo

Proceeds for this event are donated to *beyondblue*. This event has the option of 5km or 10km. Be the first 500 to register and you will receive a free Asics event t-shirt!

April 14th – Joondalup Half Marathon

Alongside the Half Marathon, participants also have the option of a 5km walk or run. This option has been designed for those who want to be part of the great community event but feel 21.1km is too far. It is ideally suited for walkers or the very young with their parents.

April 22nd – Mount Helena 40 Miler & Relay

The course is two laps on the Historic Railway Heritage Trail adjacent to the Mt Helena Tavern with the finish located at the entrance to the beer garden. The proceeds being donated to the Chidlow and Mt Helena Bush Fire Brigade.

June 16th – Goodlife Rottneest Running Festival

The event has a distance for everyone – Full marathon, Half marathon, 10km and 5km fun run. The event proceeds being donated to Royal Flying Doctor Service. All finishers receive a medal. This is a truly unique event on a unique island – one not to be missed!

July 14th – Regis Aged Care Women's Classic

Held primarily to encourage women to participate in the sport of distance running by competing with their own gender. Proceeds to the Breast Cancer Care of WA.

August 4th – Perth Half Marathon

Proceeds to the Lions "Save Sight Foundation". Participants have the option of a 5km walk or run in conjunction with the Half Marathon. This option has been designed for those who want to be part of the great community event but feel 21.1km is too far. All half marathon finishers receive a finisher's medal.

October 6th – Perth Marathon

Our annual Perth Marathon has now partnered with the Perth Running Festival and provides the perfect opportunity to set a PB in your home town. Now in its 41st year, the event is ever evolving and promises to be bigger and better than ever by finishing at the iconic Perth Stadium.

November 24th – Regis Aged Care Fremantle Running Festival

A fast and flat 5km and 10km & 21.1km event. Proceeds to the Royal Flying Doctor Service & Diabetes WA. All Half Marathon finishers receive a medal.

WAMC MEMBERSHIP

Membership is open to anyone with a desire to participate in the sport of distance running - from the beginner, social runner, to the elite.

Membership fees:

Single Membership (if over 18 years)	\$50.00
Family Membership (2 adults and up to four children <18 years of age sharing the same postal address)	\$95.00
Pensioner/Senior Membership	\$20.00
Children/ Youth (under 18)	\$20.00

If you would like more information on the Club, come to any of our events, or feel free to contact us on the details below:

Phone: 9472 4833

Email: wamc@wamc.org.au

Website: www.wamc.org.au



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