

# 2020 WAMC DISTANCE RUNNING SEMINAR

Sunday 15th March 2020

1:30pm – 5:00pm

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



RUN FOR FUN & FITNESS, ANY PACE, ANY DISTANCE

## WAMC DISTANCE RUNNING SEMINAR

Sunday 15th of March 2020

1:30pm – 5:00pm

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

### EVENT DIRECTOR

Amy Thomson

### COST

WAMC Financial Members - \$5.00

Non-Members - \$10.00

### CLOSING DATE FOR REGISTRATION

Online registrations close at 12 noon Friday, 13th March 2020.

**Registrations will 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 – Paolo Ghiselli, Tina Ingraham, Rafael Baugh and Alex Dreyer who are the absolute crème de la crème in their fields.

### AGENDA

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

1:35 - 2:10 – Biomechanics & Footwear – Paolo Ghiselli

2:15 - 2:50 – Training Programs & Goal Setting – Tina Ingraham

2:50 - 3:10 – Break

3:15 - 3:50 – Minimising Injury Risk – Raf Baugh

3:55 - 4:30 – Nutrition – Alex Dreyer

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

### ABOUT OUR SPEAKERS

#### Paolo Ghiselli

Topic: Biomechanics & Footwear

Paolo is one of the senior podiatrists at Peak Podiatry. He has been involved in private practice ever since he graduated in 1995. As a typical young male growing up in South Africa, he chose rugby as his main team sport and was fortunate enough to play at an elite level. His other interests included tennis and later on golf which he still continues to play today. Paolo continues to keep fit with his running and has taken part in numerous full and half marathons.

Paolo was fortunate enough to be chosen to further his studies and completed a Bachelor of Science Honours degree through Brighton University in the UK. Paolo emigrated to Australia in 2008 and his continued enthusiasm and passion for his work has allowed him to further his interest with musculoskeletal problems in sports and paediatrics. Paolo is currently a member of the Podiatry and Sports Medicine Associations of Australia.

#### Tina Ingraham

Topic: Training Programs & Goal Setting

Tina was a relative late comer to competitive running, starting her running journey after the birth of her first child at 32 years of age. Tina quickly discovered a passion for distance running and enjoyed developing her 5km (PB; 16:40) through to the marathon (PB; 2hr47mins). She then took her running beyond the marathon distance and during her training for The Comrades Marathon (the fastest Australian woman to complete the race) in South Africa, achieved some results in the 50km that had her qualify three times for the 50km World Championships representing Australia. Now with close to 50 marathons and ultra-marathons being run and years of balancing motherhood and full time work as a school teacher, Tina enjoys coaching and writing individualised training programs for runners of all abilities.

#### Rafael Baugh

Topic: Minimising Injury Risk for Runners

Raf is a Physiotherapist and High Performance Director of Front Runner Sports. He has 19 years of private practice physiotherapy experience across a range of sporting contexts and is one of Australia's most trusted experts in rehabilitation, exercise prescription and load management for endurance athletes. He has a rare 360 degree perspective on athletic performance systems. As an athlete, he has represented Australia at 4 Elite World Duathlon Championships; as a Physiotherapist he has worked with various elite and national teams and as a coach has steered athletes to Australian senior teams.

During his athletics career, Raf achieved a peak of #3 ITU Duathlon world ranking, achieving podium finishes at ITU Oceania, Asian and European Championships and 6th at the ITU World Championships. Raf is an 8\* West Australian athletics champion in distances from 1500m- 12k Cross Country, a multiple state duathlon champion and medallist in the state triathlon championships.

## Alex Dreyer

Topic: Run Nutrition – “Revenge of the Nerds” & using research in the real world

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.

## 2020 UP COMING WAMC SPECIAL EVENTS

### April 5<sup>th</sup> – Asics Bridges Fun Run

Proceeds for this event are donated to *beyondblue*. This event has the option of 5km or 10km. Be the first 1,000 to register and you will receive a free Asics event t-shirt!

### April 13<sup>th</sup> – 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.

### April 19<sup>th</sup> – 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. The proceeds being donated to Cancer Council Western Australia.

### June 14<sup>th</sup> – RunFun Travel Rottnest 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 12<sup>th</sup> – Regis Aged Care Women's Classic

Held primarily to encourage women to participate in the sport of running by competing with their own gender. This event has the option of 5km or 10km. Proceeds to the Breast Cancer Care of WA.

### August 2<sup>nd</sup> – 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. All half marathon finishers receive a finisher's medal.

### October 4<sup>th</sup> – 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 42<sup>nd</sup> year, the event is ever evolving and promises to be bigger and better than ever by finishing inside the Perth Stadium.

### November 8<sup>th</sup> – Fremantle Running Festival

A fast and flat 5km, 10km & 21.1km event. Part proceeds being donated to Diabetes WA. All Half Marathon finishers receive a medal.

### December 31<sup>st</sup> – New Year's Eve Run

A fast and flat 8km and 4km event from the WAMC Clubrooms on NYE. Enjoy the BBQ post-race on the Burswood foreshore!

## WAMC MEMBERSHIP

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

### Membership Fees:

**Single Membership** (>18 years) \$60.00

**Family Membership** \$115.00

(2 adults and up to four children <18 years of age sharing the same postal address)

**Pensioner/Senior Membership** \$25.00

**Children/ Youth** (under 18) \$25.00

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

Phone: 9472 4833

Email: [wamc@wamc.org.au](mailto:wamc@wamc.org.au)

Website: [www.wamc.org.au](http://www.wamc.org.au)



RUN FOR FUN & FITNESS, ANY PACE, ANY DISTANCE