



Running Strong - Mentally and Physically

Come out and join us for this exciting program! Learn new tricks and ideas to improve your running.

This seminar is intended for runners of all abilities and experience. Come and be ready to be challenged and inspired to bigger and better things!

7:00 pm to 9:00 pm Monday, November 27, 2006

Roundhouse Community Centre,
181 Roundhouse Mews (Pacific Blvd @ Davie St.)

Seating is limited, please arrive early
No advance registration

OVERVIEW: In addition to its history of elite performance, running has been a popular sport for some years now, and continues to attract new practitioners. But, successful run training involves so much more than just running. Strength training is important to the runner, and a balanced program can improve your speed and endurance while reducing the potential for injury. From world level elite athletes to recreational runners, sound mental and physical states, including avoidance of injury and preventative strategies, are essential to the realization of goals whether they be to finish a first full or half marathon or to attack a world record. Champions visualize the finish line. When you learn to taste, touch, smell, and hear it as well, you've got your brain in winning form. Our speakers will cover a range of subjects that are key to maximizing both the experience and the performance. For most of us, we have to admit it really is more the experience than the absolute performance that will be the goal, but that makes it no less important and no less a personal challenge to achieve. To quote Lynn Kanuka-Williams: "Nobody looked at me when I was a young runner and said "THAT girl is going to become an Olympic medalist" ... Achieving what you never thought possible is indeed possible. I will look forward to sharing my stories in an effort to help each and every one of you to be inspired to take charge and do wonders for yourself, at whatever stage of running you may be. There truly is a Runners' High for everybody: It's about LIFE."

Anjolie Latta (F.I.T.ology Fitness Services): Anjolie Latta, B.Sc. (Kinesiology), ACE Certified Trainer, BCRPA Supervisor of Fitness Leaders, and Certified Fitness Consultant is the Area Coordinator for Vancouver for Sportmed BC's Sun Run InTraining Program, and the instructor of several Sun Run clinics. She is the owner of **FITology Fitness Services**, providing personal

training to a variety of clientele, ranging from those interested in general health and wellness to those seeking injury rehabilitation, as well as sport-specific conditioning. As BCRPA Fitness Instructor of the Year for 2005, Anjulie enjoys teaching fitness and yoga classes as well as presenting workshops on a variety of topics.

Dr. Jonathan Gerrard, B.Sc. (Kin), D.C.: A local chiropractor, who maintains and directs **Aquarius Chiropractic Clinic** a private practice in Yaletown, Dr. Gerrard focuses heavily on soft tissue therapies and rehabilitation. He was previously the athletic and chiropractic consultant for a Woman's Professional Football team and is currently co-publishing articles regarding the cervical spine in peer reviewed journals. He has experience treating athletes from the recreational to Olympic level and greatly enjoys educating his patients about their health.

Larry Birckhead (The Habit Shift Institute): Larry has a Master's Degree in counseling with a specialty degree in alcohol and substance abuse, and has spent years working with offenders, families in crisis, and heroin addicts. Over the past 30 years, he has earned solid credentials as a manager, teacher, consultant, and facilitator in the course of developing people, teams, and businesses in private, government, and non-profit sectors. Derived from his own work with life patterns and habits, he spent 6 years researching and developing what has now become known as **HabitShift**.

Lynn Kanuka-Williams (SportMed BC): Lynn is perhaps best known for her Bronze medal performance at the LA Olympic Games in 1984, when all eyes were on the American sweetheart Mary Decker, who collided with a little South African girl named Zola Budd. The American never finished the race, and Lynn snuck in to take the Bronze medal. Lynn held every Canadian record for middle distance from 800m – 10K on the roads and has held the 1500m record since 1985. She currently works at SportMedBC as a Sports Program Coordinator, which includes coordinating the InTraining for SunRun Walk/Run clinics at over 65 centers around the Lower Mainland and Interior of BC, raising funds for athletes and motivating people to be active. She has enjoyed offshoots of her running career in her professional life as a business owner, TV analyst, motivational speaker, and athletics coach. Her proudest accomplishment: No contest! 4 wonderful children!

Feeling Lucky?

Upon completion of the question and answer segment of the seminar, draw prizes will be presented courtesy of Forerunners and New Balance.

Presented by:



