

Session Topics

INTRODUCTION

KEYNOTE ADDRESS

RUN FOR YOUR LIFE

INJURY PREVENTION AND ACTIVITY PREPARATION

By Chris MacLean

Location: The Forum @Fortius

Dr. MacLean will be providing a presentation on various injuries as well as prevention strategies. His topics will help teach you how to manage overuse running injuries, and/or optimize your running performance

OVERUSE INJURY MANAGEMENT AND PERFORMANCE RECOVERY

By Matt Thompson

Location: The Forum @Fortius

Matt is an avid Ultra runner and brings some of this experience to his practice as a Registered Massage Therapist. He will help teach you what proper recovery is and why it is important. You will learn how to treat your body from a Massage Therapist's perspective and gain knowledge on overall health and wellness.

INTERVAL AND FARTLEK TRAINING

By Curb Ivanic

Location: The Gym @Fortius

How to train to run faster and use new techniques in your training workouts.

LEARN FROM THE EXPERTS

Location: The Forum @Fortius

A welcome speech to kick off the event and review key lessons learned on running performance and analysis.

TRY ON THE NEWEST SHOES

Location: The Forum @Fortius

Our Gold Sponsor brands will be on site answering any questions you may have about their history, and latest shoes. They will be stocked with their most current models for you to take for a test run! Why get your shoes muddy when you can take out a brand new pair and see what you think! A coupon will be provided to receive a discount for any regular priced footwear or apparel at Fit First.

FUN RUN

Location: Burnaby Lake

To finish off our afternoon, we will head outside to get some fresh air and finish off our day. Come join us for a fun run around Burnaby Lake!

RUN 2016

Burnaby**now**

Presented by



A PUBLIC SYMPOSIUM + RUNNING SHOE EXPO
FOR WALKERS AND RUNNERS

Learn from world class experts about all the latest information and research on walking and running. Test new shoes while you run or walk the picturesque Burnaby Lake trails.

Cost: \$20

Register online at:

<http://ow.ly/Z2inh> or if you have any questions call
FitFirst Footwear @604-299-8851

STAY ACTIVE. STAY HEALTH. BE YOUR BEST.

WHAT IS THE RUN BURNABY NOW EVENT

A public symposium aimed at runners and walkers of all ages and abilities who are looking for information on how to stay injury free, perform better and enjoy exercise to its fullest!

OUR WORLD CLASS SPEAKERS

DR. CHRISTOPHER MACLEAN

- Ph.D (Biomechanics)
- Director of Fortius Lab & Applied Biomechanics, Fortius Sport & Health
- Chair, Paris Orthotics Professional Advisory Board

MATT THOMPSON

- Registered Massage Therapist at Fortius Sport & Health
- He has a dynamic athletic background competing at the collegiate level in volleyball for the Loyalist Lancers and now actively competes in distance trail running events
- He has completed two 80km and three 50km ultramarathons

CURB IVANIC

- Strength and Conditioning Coach at Fortius Sport & Health
- Masters of science in Exercise Science (MS, CSCS)
- 14 years experience as a running coach
- His athletic roots are in trail running, paddle boarding and skiing

The Day's Events

REGISTRATION AND WELCOME

12:00-1:00 pm Registration/ Trade Show Opens

Location: Lobby/Forum

1:00-1:15 pm Welcome address

Location: The Forum @Fortius

A welcome speech and introduction of activities planned for the afternoon.

AFTERNOON BREAKOUT SESSIONS

1:15-1:45 pm Performance Nutrition by Joanna Irvine

Location: The Forum @Fortius

1:45-2:15 pm Injury Prevention and Activity Preparation by Dr. Chris MacLean

Location: The Forum @Fortius

2:15-2:30 pm Question and Answer Panel

Location: The Forum @Fortius

2:30-3:00 pm Interval Training and Active Session by Curb Ivanic

Location: The Gym @Fortius

3:15 pm 5km Fun Run around Burnaby Lake

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Run on Clouds.



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