

BREAKOUT SESSION TOPICS

A RUN/WALK ANALYSIS

by Dr. Chris MacLean

Location: Lab @ Fortius

Presented by: Brooks

Dr. MacLean will be providing a presentation on how a three dimensional, running analysis will help you to: prevent and manage overuse running injury, and/or optimize your running performance. Whether you're a walker or runner, measuring dynamic movement patterns at different stress levels is beneficial.

FUELING FOR OPTIMAL HEALTH AND PERFORMANCE

by Ashley Charlebois

Location: Beijing Studio @ Fortius

Presented by: Pharmasave

Ashley will review practical strategies on meeting energy and nutrient needs on a daily basis for optimal health and performance during your walk/run training. She will also touch on sport nutrition basics — covering what to eat before and after training, providing specific meal and snack ideas.

INTERVAL AND FARTLEK TRAINING

by Curb Ivanic

Location: Pitch @ Fortius

Presented by: Mizuno

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

COMMON RUNNING INJURIES

by Dr. Jack Taunton

Location: The Forum @ Fortius

Presented by: Nike

How do you know when you're injured? What is discomfort, what is pain, what is injured and how do you know the difference?

REHABILITATION FOR RUNNING AND WALKING INJURIES

by Dr. Gerry Ramodgida/ Dr. D'arcey Musselman

Location: The Forum @ Fortius

Presented by: FitFirst Footwear

What does rehabilitation mean to the runner? Chiro, physio, massage... what rehabilitation expert do you use and when?

A SCIENTIFIC LOOK AT FOOTWEAR FROM MAXIMALISM TO MINIMALISM

by Phil Moore

Location: Beijing Studio @ Fortius

Presented by: New Balance

Phil Moore will take you through and simplify the complex world of athletic footwear.

RUN 2015

Burnabynow

presented by



fortius
sport & health
GAME CHANGING. LIFE CHANGING.



SATURDAY MARCH 7, 2015
10:00am – 2:00pm

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 per person (Lunch not included)

Register online at:

www.runburnabynow.eventbrite.ca or if you have any questions call FitFirst Footwear @ 604-299-8851



fortius
sport & health
GAME CHANGING. LIFE CHANGING.



PHARMASAVE



STAY ACTIVE. STAY HEALTHY. 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. JACK TAUNTON

- M.D./ Chief Medical Officer, 2010 Olympic Games
- Medical Director Fortius Sport and Health
- 2014 Inductee BC Sports, Hall of Fame
- Completed over 60 marathons

DR. CHRISTOPHER MACLEAN

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

ASHLEY CHARLEBOIS

- Registered Dietitian specializing in sports nutrition, M.Sc., CSEP-Certified Exercise Physiologist

DR. GERRY RAMODGIDA/ DR. D'ARCEY MUSSELMAN

- Doctors of Chiropractic Medicine
- Team Chiropractors for a variety of NHL, CFL, NFL and National teams

PHIL MOORE

- B.A./ B.P.H.E.
- Author of The Shoe Update
- Contributor to the Procure/Dynamics Shoe Training Manual for Shoe Fitters
- Guest lecturer to the footwear industry, colleges, and the sports medicine community

CURB IVANIC

- Masters of Science in Exercise Science (MS, CSCS)
- 14 years' experience as a running coach
- Strength & Conditioning at Fortius Sport & Health

THE DAY'S EVENTS

PROLOGUE

10:00 am Registration

10:30 am Keynote address by Dr. Jack Taunton

Dr. Taunton reviews key lessons learned from his over 100 published studies on running performance and injuries.

MORNING BREAKOUT SESSIONS

Choose one in each time slot

10:40 – 11:10 am

- A) Run/Walk Analysis by Dr. Chris MacLean
Capacity: 50
- B) Common Running Injuries by Dr. Jack Taunton
Capacity: 50
- C) Fueling for Optimal Health and Performance by Ashley Charlebois
Capacity: 50

11:15 – 11:45 am

- A) Run/Walk Analysis by Dr. Chris MacLean
Capacity: 50
- B) Common Running Injuries by Dr. Jack Taunton
Capacity: 50
- C) Fueling for Optimal Health and Performance by Ashley Charlebois
Capacity: 50

11:45 – 12:30 Lunch, Expo & Shoe Trials

LUNCH

Enjoy delicious, nutritious meals at the "Game Changers Bistro" located on the 2nd floor of the Fortius Sport & Health building. Plenty of seating inside and out while you fuel up for the afternoon workshops! (Check out FitFirst.ca for lunch options or bring our own concoctions).

EXPO

Visit our sport & lifestyle booths and enjoy free advice and samples!

SHOE TRIALS

Stop by the Atrium @ Fortius and take the top models from your favourite shoe brand outside for a test run! Just make sure you're back for the afternoon sessions!

AFTERNOON BREAKOUT SESSIONS

Choose one in each time slot

12:40 – 1:10 pm

- A) A Scientific Look at Footwear from Maximalism... to Minimalism by Phil Moore
Capacity: 50
- B) Interval and Fartlek Training by Curb Ivanic
Capacity: 50
- C) Rehabilitation by Dr. Gerry Ramogida/
Dr. D'arcey Musselman
Capacity: 50

1:15 – 1:45 pm

- A) A Scientific Look at Footwear from Maximalism... to Minimalism by Phil Moore
Capacity: 50
- B) Interval and Fartlek Training by Curb Ivanic
Capacity: 50
- C) Rehabilitation by Dr. Gerry Ramogida/
Dr. D'arcey Musselman
Capacity: 50

GOLD SPONSORS

Adidas
Asics
Brooks
New Balance
Nike
Mizuno
On Running
Pharmasave
Saucony
SportMed Retail Group

PARTNER SPONSORS

BC Athletics
BC School Sports

SUPPORTED BY

SportMedBC

PRINT SPONSOR

Still Creek Press