

FREE RUNNING SEMINAR

Great Speakers

Door Prizes including:

Grand door prize

VO₂max/lactate assessment
(value \$195CAD)

10 guaranteed entries

2017 First Half Half Marathon

Monday, October 24

Roundhouse Community Centre
Yaletown, Vancouver V6Z 2W3

DOORS OPEN @ 6:50 PM



This year's speakers:

- Chris Winter, Rio 2016 Olympian in Steeplechase – his journey to achieve his goal of competing in the Olympic Games
- Michelle Gentis of Team Joshua – First mother/son duo wheelchair team to post a BQ; beneficiaries of Variety Charity; running for quality of life
- Lewis Morrison, The Peak Centre for Human Performance – Heart Rate & Lactate Based Zone Training

In cooperation with:



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