



## **Speaker Series presented by Canadian Running**

**Saturday, October 20<sup>th</sup>, 2018**

<b>9:00am</b>	<b>International Friendship Run with John Stanton</b>
<b>10:30 – 11:55pm</b>	<b>Meet &amp; Greet with the STWM Pacer Team</b>
<b>12:00 – 12:25pm</b>	<b>Shaun Creighton, Gene Dykes and Elizabeth Waywell “Masters Running” moderated by Kevin Smith</b>
<b>12:30 – 12:55pm</b>	<b>Robert McDonald “I Will: How I ran a Marathon after being paralyzed and given only 5% chance of ever walking again.”</b>
<b>1:00 – 1:25pm</b>	<b>One-on-one with Canadian marathon record holder Lanni Marchant</b>
<b>1:30 – 1:55pm</b>	<b>Graydon Snider &amp; Michael Lucien “Juggling: Past &amp; Future” moderated by Michal Kapral</b>
<b>2:00 – 2:25pm</b>	<b>John Stanton “Making the Most of Race Day”</b>
<b>2:30 – 2:55pm</b>	<b>Dr. Mark Dekker “Gatorade Hydration”</b>
<b>3:00 – 3:25pm</b>	<b>Yoga with Heather Gardner</b>
<b>3:30 – 3:55pm</b>	<b>Michael Brennan “STWM Course Preview”</b>
<b>4:00 – 4:25pm</b>	<b>Yoga with Heather Gardner</b>
<b>4:30 – 4:55pm</b>	<b>TBC</b>
<b>5:00 – 5:25pm</b>	<b>Yoga with Heather Gardner</b>