



Speaker Series

Friday, October 14 & Saturday, October 15, 2022

Friday

Start	End	Speaker	Topic
12:30 PM	1:00 PM	Michael Brennan	Course Preview
1:00 PM	1:30 PM	TCS Representative	TCS App Overview
1:30 PM	2:30 PM	Heather Gardner, Kardia	15-minute Stretching/Yoga Sessions (BYO Yoga Mat)
2:30 PM	4:00 PM	Video Presentation	Building on Belief Celebration & Episodes
4:30 PM	5:00 PM	Harvey Mitro	Taking Life in Stride
5:00 PM	6:00 PM	Jen Cerullo	Building the most Sustainable Future in Running
6:00 PM	6:30 PM	Melanie Murzeau, Melissa Doldron, Kate Van Buskirk, Kirsty Beck & host Kirsten Parker	Live Women Run Canada Episode: Body Image in Running
6:30 PM	7:00 PM	Rachel Hannah, RD	Race Day Nutrition

Saturday

10:15 AM	10:45 AM	John Stanton, Running Room	Race Day Tips Zoom Presentation
11:30 AM	12:00 PM	Michael Brennan	Course Preview
12:00 PM	12:30 PM	Jeff Clarkson	The Pandemic Made Me Run
12:30 PM	1:30 PM	Josh Cassidy & Mike Greer	Accessibility and Adaptive Sport
1:30 PM	2:00 PM	Charlie Dark, Mike Krupica & crew captains	The Future of the Run: Crew View
2:00 PM	2:30 PM	Rachel Hannah, RD	Race Day Nutrition
2:30 PM	3:00 PM	Olympians Maddy Kelly & Reid Coolsaet	How the Love of Running Transcends Events
3:00 PM	4:00 PM	Community Advocates	The Power of Community
4:30 PM	5:00 PM	Harvey Mitro	Taking Life in Stride