



## 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	TCS App Overview
1:30 PM	2:30 PM	Heather Gardner	Stretching/Yoga
2:30 PM	4:00 PM	Video	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	Sustainability Panel
6:00 PM	6:30 PM	Live Episode	Women Run Canada (body image in running)
6:30 PM	7:00 PM	Rachel Hanna, RD	Race Day Nutrition

### Saturday

10:30 AM	11:30 AM	Heather Gardner	Stretching/Yoga
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	The Power of Community
3:00 PM	3:30 PM	Michael Brennan	Course Preview
3:30 PM	4:30 PM	Skylar Roth Macdonald, Miles for Smiles	Running Across Canada for Mental Health
4:30 PM	5:00 PM	Harvey Mitro	Taking Life in Stride