



Women's  
Running  
Summit | Sommet  
de Course  
Féminin

2 Nov 2019, Irving Oil Fieldhouse

**Who :** Women who are interested in the sport of running who would like to learn more about emotional and physical development of the sport. This starts women who are entering the sport as young as age 13 and stems to women in the later stages of life.

**Date:** November 2<sup>nd</sup>, 2019

**Location:** Irving Oil Fieldhouse, Saint-John NB

**Duration:** 1 Day Event

**Price:** 20\$

**Tentative Schedule:**

9:00- 9:30 am Ice breaker activity

9:30- 11:00 am Open Discussion; How running changed my life

- Victoria Leblanc: Education and Running
- Anouk Peltier : Courir avec un enfant

- Shawna Allaby: Getting into running later in life

11:00- 12:00 pm Lululemon Yoga Session

12:00- 1:00 pm Lunch Provided by Subway

1:00- 2:00 pm Open Discussion; Social Media and Running

2:00- 3:00pm Interactive Nutrition Workshop

- Julia Besner, RD.

3:00- 4:00pm Drills, Exercises and Run

#### Sponsors:

