

# RUN WITH AN OLYMPIAN!

A Free Community Run / Walk Clinic

**Sunday, May 16, 2021 Victoria Park Bandstand, Truro, NS**

## 10:00am Presentations:

Keynote - Eric Gillis, 3 x OLYMPIAN, StFX University

Journey of a Junior High runner to AUS Champion -  
Andrew Peverill, Saint Mary's University

Tips for runners & women who run -  
Gina MacInnis, St FX Track & Field,

Common running injuries, prevention, treatment -  
Beth Greateorex, Physio One

Gait Analysis -  
Dr Mike Spence, Well Within Chiropractic

Footwear for runners - Aerobics First

- appointments will be available for on-site shoe fitting

## 11:00am Activity sessions:

- 1) Run Jump Throw (age 6-10 yrs) -  
Truro Lions Track & Field
- 2) Junior High Relay -  
Truro Lions Track & Field
- 3) High School 3k -  
Jonathan and Andrew Peverill
- 4) 5km Walk -  
Truro Run Tribe & "Learn to Run 5k" talk
- 5) 5k Women's run -  
Gina MacInnis and Dr. Celina Spence
- 6) "RUN WITH AN OLYMPIAN" 10k - Eric Gillis
- 7) Yoga for Runners - Joyful Yoga

**Register on-line at:**

[www.trackie.com](http://www.trackie.com) TLTC RUN Clinic

**Truro Lions Track & Field Club**

**Email: [trurolions@gmail.com](mailto:trurolions@gmail.com)**

**facebook/Instagram/Twitter: @trurolionsf**