THE 1ST
MAITLAND
RUNNING
FORUM

Register by 22nd May: contact 49330588
or info@hunterhealthyspines.com.au.

Want to run better?
Want to connect with the local running community?
For all levels and types of runners:
beginners, experts, social runners,
event competitors, and those who
want to prevent or recover from
running injury.

TALKS ON:
The Science of Running
  Gary Smith (Hunter Healthy Spines)
Nutrition for Running
  Nicole Barber (Nicole Barber Dietetics)
Where to Run & How to Train
  Paul Humphreys (Maitland Triathlon Club, H Events)
The parkrun Phenomenon
  David Dungavell (Maitland parkrun)

Open question and answer sessions will follow talks.

7-9PM
FRIDAY 29TH MAY
(coinciding with Maitland River Run: Sunday 31st May)
MAITLAND PCYC
3 JAMES ST, MAITLAND
GOLD COIN DONATION
ALL PROCEEDS GO TO PCYC