



**OptiMYz Stage**  
**"Lessons for the Road"**

OptiMYz magazine presents live speakers to inform and inspire during Race Weekend for Scotiabank Blue Nose Marathon

**May 22, 2010**  
**WTCC- Suites 204-205**

- 1:00 Good Form: Breaking Barriers to Performance**  
Daniel Crumbach, Paragon Sports
- 1:30 Prevention and Treatment of Common Running Injuries**  
Dr. Jans Ellefsen, Alderney Chiropractic
- 2:00 Building Energy and Recovery with Natural Foods**  
Jennifer King, Canadian School of Natural Nutrition
- 2:30 Stretches for Runners**  
Cathy Grad, Personal Fitness Coach, Nubodys Goodlife Fitness
- 3:00 Training & Racing Tips: Lessons From a Veteran**  
Presenter: John Stanton, Owner & Founder The Running Room
- 3:30 From Fat to Fit: Gratitude and the Runners Life**  
Steve Foran, GiveRaising

