



Current Schedule

Friday, May 15

2:00 pm

Get Moving: The Team Myles Experience

Michael Stack, OptiMYz Magazine and Melinda McCormack, Xerox

Team Myles is a group of average Nova Scotians that represent the typical participants in the Scotiabank Blue Nose Marathon. Their goal is to motivate Nova Scotians towards healthier lifestyles by participating in the event. Turning onto running can be a life altering experience. In this session, Mike and Melinda will offer you their perspectives on running based on their experiences in the Team Myles program.

Michael Stack is a Marketing Strategist with OptiMYz Magazine and a brand new running enthusiast participating in the 10k. Melinda McCormack is a Sales Executive running enthusiast participating in the half marathon.

2:30 – 3:00 pm

Stretching and Core Strength: A Foundation for Healthy Running

Presenter: Cathy Grad, Personal Fitness Coach
Nubody's Fitness Centres

Flexibility and core strength are important for developing into a fast, stronger and healthier runner. Good flexibility and a properly developed core can decrease the possibility of injury and lead to a greater level of fitness. Join Cathy as she shows you some effective stretches and great core exercises to help build a strong foundation that will keep you running strong and healthy.

3:00 – 3:30

Get Connected: Joining the Running Community Online at loverunningmore.ca

Presenter: Jeff Badcock, New Balance

Loverunningmore.ca is a new social media site for the running community. On the site you can schedule your runs, track your training program, map out your routes and participate in the forums. In this session Jeff will demonstrate the great features available on the site and show you how to get online and get connected with Canada's running community.

3:30 – 4:00

Cross Training Tips From an Olympic Paddler

Andrew Russell, Olympic Paddler

Cross training is a very effective strategy for developing as a runner. Mixing up your workouts can add bring benefits to your training routine: Injury prevention, rehabilitation, and greater fitness among other. Join

Andrew as he shares the cross-training secrets that helped him reach the Olympics.

A native of Dartmouth, Andrew Russell is a member of the national canoe team, world championship medalist and recent Beijing Olympian.

4:00 – 4:30

Training & Racing Tips: Lessons From a Veteran

Presenter: John Stanton, Owner & Founder
The Running Room

John Stanton has run more than 60 marathons, hundreds of road races and numerous triathlons including the Canadian Ironman and the Hawaiian World Championship Ironman competition. In this session, John will share the benefits of his experience that have brought him through many races and made him an inspiration to countless runners.

Saturday, May 16

1:30 – 2:15 pm

Healthy Cooking Demo

Hamachi House

It's well known that seafood in your diet has many benefits, including Omega-3 fatty acids that promote heart health. In this session, Hamachi House will discuss the health benefits of combining Japanese cuisine with your regular exercise program. This session includes a demonstration on sushi preparation that is sure to excite your taste buds.

2:30 – 3:15

From Fat to Fit: Gratitude and the Runners Life

Steve Foran, GiveRaising

How do you turn adversity into an ally and accomplish one of the most rewarding achievements of your life? Join one of Halifax's up and coming storytellers as he shares his life and his experience with running and reaching new heights. Whether you are in the 5k, 10k, half or full; you will be inspired by this everyday story of hope and appreciation.

Steve Foran is a Halifax based writer and speaker. His brothers and sister say he started running before it was cool. Drawing on 21 years of diverse business experience he offers a unique perspective on gratitude that is infused with energy

3:30 – 4:00

Run Stronger: Effective Resistance Training for Runners

Adrian Veinot, Personal Fitness Coach
Nubody's Fitness Centres

Whether you are training for the big race or adding up those road miles just for fun, the right kind of resistance training can help make you a stronger runner. Building strength in key muscles can increase endurance and help to prevent injury. Join Adrian as he demonstrates some exercises that will target the muscles which are the key to stronger running.

4:00 – 4:30

Running for Life: Keeping Up Your Motivation for the Long Haul
Dr. Rick Rayman

Rick Rayman is a 62 year old dentist who lives and works in Toronto. Rick ran his first marathon in the summer of 1978 and has since completed 206 marathons in cities all over the world. Last year alone he ran 18 marathons and he still maintains the same love and passion for running.

Besides working four days a week in his practice and teaching at University of Toronto one day a week, he has not missed a day of running since December 10, 1978. Join Rick as he shares his passion for running and shows you how to keep motivated for the long haul.