



Dearborn Health 10-105 Lexington Rd. Waterloo

SATURDAY APRIL 4TH, 2009

Dearborn Health, Runners' Choice & the Waterloo Cycling Club Present:

the **symposium**™

multi-sport for the mind, body and soul

Guest Speakers, Equipment Expo, Door Prizes
Featured Guest Speakers:

Simplifying Training: Perspectives of Training Fundamentals - Craig Taylor

Craig Taylor currently serves as the Head Coach of Ontario's Provincial Triathlon Centre, at the University of Guelph. Craig also works with Triathlon Canada in the areas of coaching education and athlete development. Prior to his current position with OAT, Craig worked for 2 years as an intern coach at the National Triathlon Centre in Victoria, BC.

Fluid Replacement in Race Conditions - Dr. Lawrence Spriet

Dr. Lawrence L. Spriet is a professor in the Department of Human Health and Nutritional Sciences at the University of Guelph, Ontario. His major research focus examines the regulation of skeletal muscle metabolism during aerobic and sprint exercise in untrained and trained human beings. He also conducts practical research examining the efficacy of purported ergogenic aids in athletes during exercise and examines the hydration and nutritional status of athletes during practices and games. He has completed 4 marathons with a PB of 2:52.

Developing a Personalized Plan of Attack – James Loaring

Owner and Head Coach of Loaring Personal Coaching (LPC). NCCP Trained Triathlon Competition Coach. Triathlete since 1993. Co-Race Director of the Loaring Triathlon since 1999. Professional Triathlete since 2002. Triathlon Coach since 2003. Currently trains at the Provincial Triathlon Centre at the University of Guelph. Former Canadian 'Kids of Steel' Champion. Bronze medalist at the 2002 ITU World Age-Group Triathlon Championships. Recipient of the 2008 OAT "Mr. Triathlete" award.

The Benefits of Gradient Compression Garments in Sport – Paul Paterson

Fad or Fashion; Compression stockings and garments are highly visible at the forefront of every major endurance and sporting event these days. Can you afford to ignore the potential benefits? With technology that boasts the ability to enhance endurance, strength and power, venous return, removal of lactic acid as well as the ability reduce improve body temperature control and reduce post-exercise muscle soreness Paul Paterson, from Skins™ the only sports compression wear that can attest to having independent scientific testing conducted on their garments will speak to these claims.

More to be announced!

Limited Seating, advance tickets \$10 available at:
Dearborn Health & Runners' Choice Waterloo

Larger Equipment Expo
Doors Open 7:30am
Programming Begins 8:00am

SCOTT

ZOOT

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