



2020 Women's Running Summit

Saturday Nov. 14th

**How to make it work for your club runners*
+ Cash prizes for the clubs with the most participants**

We have made some adaptation to Women's Running Summit program so that runners* from Western Canada can also participate and this hopefully as a club activity.

Friday November 13th, Morning – All registered participants will receive uplinks for 1) a recording by **Diane and Doug Clement** of historical review of Canadian Women's Running and 2) a recording by **Kim Haycynthe & Kat Drew** of Morning Activation. These can be watched on your own time.

Saturday November 14th

- 8:00amMST/9:00amCST: Start off your day coffee in hand at this live zoom workshop on **Goal Setting with Malindi Elmore and Hilary Stellingwerff**
- 9:00amMST/10amCST: **Run Time** – Form your running group and head out onto the trails or the roads for a morning run. Take a picture and write a quick description for your chance to win prizes.
- 11:00amMST/12amCST: Join in the live zoom session on **Becoming a Community Leader Angela Whyte, Kirsten Parker and Andrée Savoie**
- 1:00pmMST/2:00pmCST: **Enjoy your late lunch** while chatting with the organizers over this live zoom get together at which we will award our top three clubs with the most participation (\$250/\$150/\$100 plus fame) plus various attendance prizes.

***Who is this for:** Anyone who identifies with female running.

Cost: \$10.00

Summit Homepage: www.womenrun.ca

Registration Page: <https://www.trackie.com/online-registration/event/2020-womens-running-summit/466481/#.X6AEIhKiUk>

Thank you for your support and upcoming participation.

Please let me know if you have any questions.

Julia Loparco – Executive Director – Athletics New Brunswick.

julialoparco5@gmail.com