



Organised by Caversham Physiotherapy for the Caversham Harriers

CADBURY DUNEDIN MARATHON SEMINAR

An evening of preparation advice three months before the event (Sunday 13 September 2015)

Wednesday 3 June
6.30pm

Sargood Gallery
Otago Institute of Sport and Adventure
Sargood Centre
(40 Logan Park Drive, Dunedin)



Photo credit: Cadbury Dunedin Marathon

Guest Speakers

Tania Cassidy - Associate Professor, School of Physical Education, Sport & Exercise Sciences, University of Otago. Tania has been involved in many sports and physical activities, including being a member of the Caversham Harrier Club and running the Cadbury Dunedin half marathon previously. Her sporting interests, combined with her academic background and community involvement at grassroots and governance levels, provide Tania with insights into issues and benefits associated with participating in physical activity across the lifespan.

Geoff Anderson - Physiotherapist, Caversham Physiotherapy, Former winner of Cadbury Dunedin Half Marathon, New Zealand cross country representative

Dr Megan Gibbons - Nutritionist, Coach, and Head of School, Institute of Sport and Adventure, Otago Polytechnic

Dave Stinson - Caversham Coach, Athletics NZ Level 2 Distance Coach

All attendees go into a draw for a pair of Mizuno training shoes
- worth \$200! -

Plus FREE follow-up weekly walk and run training groups organised by Caversham Physiotherapy to take you through to race day

Gold coin donation - all proceeds to the Otago Therapeutic Pool Trust (Physio Pool)

PhysioPool
DUNEDIN



For more information, please phone Geoff & Barbara Anderson 03 487 7323
Email: clinic@cavershamphysio.co.nz | Web: www.cavershamphysio.co.nz