



DROP-IN SPEAKER SERIES



Thursday March 11th at 7:00pm

Dennis Ferris started running at about the age of 15. Born in Australia, he ran track and cross-country, broke the State Steeple Chase record and was Queensland State Champion in several events. Currently the coach for the Capital Runners Club, Dennis has coached several people along the way and continues to compete in distances from 8 to 30km. Don't miss this opportunity to get some running tips and ask your questions to fast track your training.

Thursday April 1st at 5:00pm

Fundraising does not have to be stressful. Be real and just ask. That is the approach Paul Lansbergen has used to raise over \$100,000 during his 15 years participating in the Canadian Cancer Society Run for the Cure. He has been the top fundraiser in Ottawa twice, and in the top 5 most years. He also volunteers with the Run - to help other participants achieve their fundraising goals. Want tried and true fundraising tips from a runner just like you?



Tuesday April 27th at 5:00pm

Richelle Weeks is a physiotherapist originally from Labrador who has been practicing for 11 years. In recent years she has combined her passion for running with her career. She now specializes in running injury prevention and treatment. Richelle loves working with and helping other runners. She is currently training for the Ottawa Race Weekend Virtual 50km. Join us for some last chance advice from a professional.