



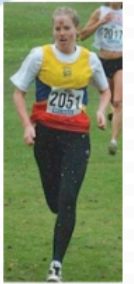
## REID COOLSAET

25th at this year's World Marathon Champ (2:16:58, Berlin)  
Multiple national championship titles & Canadian Teams  
Originally from Hamilton; resides in Guelph where he lead that team to multiple national titles in XC



## DYLAN WYKES

33rd at this year's World Marathon Champ (2:18:00);  
Personal Best 2:15:16; from Kingston, he attended Frontenac SS;  
Providence College Currently in grad. school at Queen's University  
Has represented Canada multiple times around the world



## BETH WIGHTMAN

3 x CIS XC Champion; Queen's University graduate  
Has represented Canada 3 times at World Championships  
Currently part of the Brooks Marathon Project  
Working as a Physiotherapist in Toronto



## BLAISE DUBOIS

National Team Physiotherapist for Canada  
Teaches at the Faculty of Medicine (Laval University)  
Founder of [therunningclinic.ca](http://therunningclinic.ca) and the course New Trends in the Prevention of Running Injuries



## SEAN CANNON

Physiotherapist and former member of the Sprint Canoeing National Team  
Lectures across the country, teaching other health practitioners about preventing & treating running injuries



## SHANE LAKINS

Head Coach for Canada at 4 World Championships  
Coached Queen's University XC team for 14 years  
Lectures & co-authoring a book on Running Biomechanics  
Organizing the 2010 World University XC Championships



## DAVE CHRISTIANI

Head Coach for Canada at 2008 & 2009 World XC Champ.  
Full-time coach with the Toronto Olympic Club  
20+ athletes have won OFSAA, provincial or national titles



## PETER PIMM

National Team Coach; 30 years of coaching; NCCP Level 4  
His athletes have set National Records and represented Canada at the World Championships and Olympic Games Always

## FRIDAY, NOVEMBER 13

- 6:00 — Registration (Ambassador Resort & Hotel);  
6:35 — Registration/presentations will take place in the Regal Room
- 6:40 — Elite Athlete Panel Discussion  
7:40 — Three of Canada's top distance athletes: Reid, Dylan and Beth discuss their training tips and advice for athletes from elementary school to elite! Question/answer period.
- 7:50 — Train More, Be Injured Less!  
8:50 — Blaise & Sean share their experience with preventing and dealing with injuries for all ages of runners.
- 9:00 — Coaches' Social  
CIS Coaches & Symposium Speakers mingle at this informal gathering

## SATURDAY, NOVEMBER 14

- 8:30 — Biomechanics of Running – The African Paradox  
9:20 — Shane shares 20 years of experience and the latest research on improving your running mechanics.
- 10:30 — Sweat the Small Things  
11:20 — As a high school, club and national team coach, Dave will share his thoughts on what we need to focus on at the elementary and high school level for future success.
- 9:30 — Putting It All Together  
10:20 — Peter brings his passion for systematic training and athlete development to outline a clear path of progression from Elementary to Elite Level.
- 11:30 — Lunch on your own & travel to Fort Henry race course
- 1:00 — CIS Women's Race (5k)
- 1:40 — CIS Men's Race (10k)

Check out our website for a complete description of each of the sessions.

[coachingthecoaches.ca](http://coachingthecoaches.ca)