



Earth Day Training Seminars

Location: St. Cloud YMCA

Everyone is invited to take advantage of Training Seminars provided by the St. Cloud River Runners, St. Cloud YMCA, ING Direct, Rejuv Medical and the Earth Day Run presented by Scheels!

Cost: FREE!

Register: Please e-mail us at earthday@stcloudstate.edu so that we can send an E-vite to track attendance!

Saturday, March 17th @ 9:30 am

Seminar I: Half Marathon

- Nutrition – Chad Johnson, Wellness Director
- Strength Training & Injury Prevention – Joel Baumgartner, MD
- Panel Presentation – Half Marathon elite runners

Saturday, March 31st @ 9:30 am

Seminar II: 5k

- Race Week Nutrition – Ashlee Ford, Exercise Physiologist
- Speed Work – Tim Moes, CPT
- Panel Presentation – 5k elite runners



Presenters March 17th:

Topic:

Host
Nutrition
Strength Training
& Injury Prevention

Half Marathon
Moderator

Half Marathon Panel

Name:

Dan Cairns, St. Cloud River Runners
Chad Johnson, Wellness Director
Joel Baumgartner, MD

Cindy Lewandowski

Joe Perske
Al Zetterland
Connie Bauman

Presenters March 31st:

Topic:

Host
Race Week Nutrition
Speed Work

5k Panel Moderator

5k Panel

Name:

Dan Cairns, St. Cloud River Runners
Ashlee Ford, Exercise Physiologist
Tim Moes, CPT

Jay Johnson

Scott Ergen
Scott Lindell
Jackie Devine

For more running information and events visit the
St. Cloud River Runners website: scrr.org

