

SOLEFIT ORTHOTICS PRESENTS, IN SUPPORT OF I2P:

Natural Running Mechanics:

The Low-Down on Minimalist Shoes and What's the Fuss About Barefoot Running?

Join us for an entertaining and informative afternoon as we discuss the hot topic of barefoot and minimalist running. Learn what it really means, how to do it injury-free and how to determine if it is right for you.

SPEAKERS:



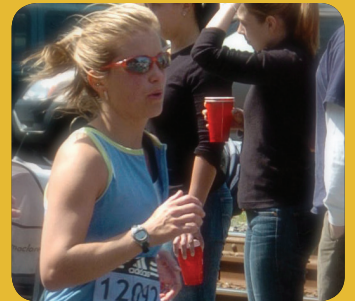
Ryan Grant, a certified Pedorthist and the co-owner of SoleFit Orthotics Inc., is a professional triathlete who combines his passion for well-being with an intense desire to help his patients reach their own activity goals. Ryan's athletic background includes time spent as a competitive track athlete as well as the completion of several multi-day adventure races around the globe. As an accomplished public speaker, Ryan is a firm believer in finding the root cause of a problem rather than trying to bandage the issues it results in. Find more about Ryan at solefitorthotics.com



Ray Zahab - Adventurer, public speaker, and founder of impossible2Possible, Ray Zahab is one of the world's most accomplished extreme runners. Ray has run across the Sahara Desert (documented by National Geographic in 'Running the Sahara'), all three coastal trails of Canada, frozen Lake Baikal in Siberia, and most recently Chile's Atacama Desert - the driest desert on Earth. Ray uses his adventures to educate, inspire, and empower youth to discover their own potential and lead social and environmental action. Find more about Ray at RayZahab.com.



Neil Rosenthal is a certified Pedorthist who passionately believes in living a healthy active life. Neil, a father of two, approaches treatment by looking at the big picture with healthy long term objectives. As an active runner/marathoner, Neil applies personal experience and learning to help his patients reach their goals. From his ongoing research, articles and reviews in running biomechanics, Neil hopes to present insight into safe and sensible training methods whether you choose to pursue a minimalist approach or not. Find more about Neil at solefitorthotics.com



Francine Eastwood is a registered physiotherapist and the founder of PSI Runner's Clinic. This specialized program allows her to do detailed assessments of runners' biomechanics. This program, along with her passion for injury prevention, has helped hundreds of runners reach their goals. She is also a certified ART provider and currently practicing at PSI Sports Medicine Centre in Kanata. Francine's athletic background includes: varsity cross country runner and recreational marathoner. Find more about Francine at www.psiottawa.com

EVENT DETAILS: October 29, 2011 from 2pm - 5pm
Ottawa Convention Center, Room 215
55 Colonel By Drive. Ottawa, Ontario

COST: Advance tickets \$50 or \$65 at the door
Visa, MC, Amex at www.eventsonline.ca (search by date).
Cash or cheque in person at SoleFit Orthotics.
Only 250 tickets to be sold.

ALL PROFITS TO impossible2Possible (impossible2possible.com)
Exciting door prizes including running shoes and technical running clothing.



For more information please visit the SoleFit Orthotics Facebook page

