



# WARRIORS

## B R A G G C R E E K

*The Bragg Creek Warriors are a not for profit group of runners who wish to work collectively and individually on their running goals while adhering to a sense of togetherness, friendship and community.*





## BRAGG CREEK WARRIORS

The season starts on Wednesday March 14th with our first group run. Warriors run according to their level (intermediate or advanced) together on Wednesday evenings and Saturday mornings.

## DATES TO REMEMBER

### Coaches Seminar March 28, 7:00pm – Colleen Parsons

- 25 years experience Nutrition & Exercise
- Bachelor Degree in Physical Education
- CSEP (Certified Exercise Physiologist)
- BSc - Nutrition / MSc Health & Sport Psychology
- Coaching Ironman participants & Facilitating the Honolulu Marathon Training Program at the University of Calgary since 1998.
- 14 marathons including ultra-distance/ Boston qualifier / 6 Ironman

### Injury Prevention Seminar April 11, 7:00pm – Karen Kendall and Lisa LePoole

#### *Karen Kendall*

- Undergraduate degree Exercise Science and Athletic Therapy at Concordia University
- Masters of Kinesiology Degree - University of Calgary
- Sessional instructor in the Faculty of Kinesiology, sees patients for clinical gait analysis, and is completing her research in the Running Injury Clinic.

#### *Lisa LePoole*

- BSc – Physical Education / BSc Physiotherapy
- Dedicated to Bragg Creek athletes
- Long List over 30 ongoing certifications in Orthopaedic & Acupuncture techniques
- Competitive Athlete, Mountain Biking / Running-Podium Finisher.

Bragg Creek Warriors are sponsored by Bragg Creek Physiotherapy, Loko's Lounge and Admaki

**For more information, email Alannah Turner at [aturner@davincibb.net](mailto:aturner@davincibb.net)**

