



Open to All Runners & the General Public

Macdonald Drive Junior High
152 Macdonald Drive, St. John's

October 15th & 16th

Saturday 1—4 PM

Sunday 10—Noon

Bouncy Castles for the Young Ones

Donate Your Gently Used Running Shoes

FREE ADMISSION

Scotiabank Cape to Cabot Health Expo

Featuring Special Guest Speakers, Health Professionals & Sports Vendors

Speakers: Saturday, Oct 15th, 1—4 PM

- 2:00 Holly Grant — *Fueling for Running*
- 2:30 Joe Ryan — *Dealing with Anxiety & Fatigue*
- 3:00 Brad Gushue — *Success in Sport*
- 3:30 Liam McErlean — *Mental Toughness for Cape to Cabot Runners*

