

Gulf Winds Track Club
April Education and Lecture Meeting
Momo's Pizza (1410 Market Street)
Sunday, April 22, 2018 at 5:00 p.m.

Run Faster and Reach Your Fitness Goals With Optimum Fueling and Hydration on the Hot Summer Days

Are you running because you want to burn calories and lose weight? Or are you someone who is competitive and striving to hit a new personal record time? Or, are you trying for a long distance race?

April's Education and Lecture Series will help you maximize your fitness and running goals with proper nutrition and hydration during the summer training season.

- What happens to your body when you run in hot and humid environments and how to recover more quickly.
- How to prepare your body for the heat to avoid the "running through mud" feeling.
- Why proper nutrition enables you to burn more calories during your summer runs.
- When you should drink water and when would it be best to drink a sports drink?
- Why are you still reading bullets? Just show up already. Geez.

Your presenter is: Brandon Willingham MS, RD, LD

Brandon is currently pursuing a doctorate in Exercise Physiology (Spring 2020) and working in the Institute of Sports Sciences and Medicine (ISSM) Lab under Dr. Michael Ormsbee. Prior to attending FSU, he received an undergraduate degree in Nutrition and Dietetics from the University of Florida (2012) and an MS in Nutrition from Auburn University (2014). While attending Auburn University, Brandon completed his dietetic internship and became a Registered Dietitian. He also worked for the University of Florida's athletic association as part of their nutrition staff.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more. See you there!

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