

Runner's World workshop for women





Runner's World and Old Mutual Two Oceans Marathon recently hosted an unforgettable workshop exclusively for women. The workshop was held at Facets in Cape Town on Saturday 10 February, where guest speakers included Elana Meyer, top South African runner and world record holder; Karen Protheroe, *Runner's World* nutritionist; Professor Wayne Derman, ex doctor for the SA Olympic women's hockey team; Silvia Walker, Old Mutual financial advisor; Busisiwe Matiwane and motivational speaker, Michele Bakker.

The workshop was aimed at helping women achieve their road running goals by drawing on the expertise of top athletes, coaches and nutritionists and focused on different issues experienced by women runner's of all levels.

Activities at the workshop included sessions in belly dancing, stretching techniques and Nordic walking. Sponsors for the workshop were Old Mutual, Nike, Powerade, Facets, Femme Sportiff, Old Mutual Two Oceans Marathon and Runner's World.

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