

Nutrition for Road Runners



Nottinghamshire
Athletics Network

With qualified Sports Nutritionist
Claire Lane

Wed 15th November 2017
at 7.30pm

The Poppy and Pint

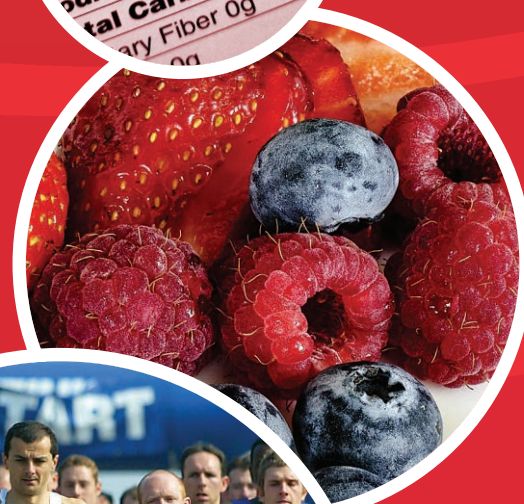
Pierrepont Road, West Bridgford NG2 5DX

Hosted in association with
Holme Pierrepont Road Runners

Presentation
followed by Q&A

- **Fuel for training?**
- **Pre-race meals?**
- **Essential minerals and vitamins?**
- **Supplements?**

There is no charge but a small voluntary
£1 donation would be appreciated.



For further information contact:

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