

RAC Tuesday Tips Talk

Date	Presenter	Subject
26-Jan	Dr Natalie Arkin Chiropractor	Lower back pain,posture & injury prevention
2-Feb	Cara Humphrey Sports Nutritionist	Comrades training period diet
9-Feb	Bellinda Waghorn Physiotherapist Comrades Gold 2009	
14-Feb	Arnold Geedts	Running Comrades
23-Feb	Patrick Baransky Nedbank Anita Mathews Sports Trust	Comrades route,planning & organization,sponsorships & behind the scenes stuff
9-Mar	Redi Direko Talk Radio 702	The Comrades experience
23-Mar	Ernie Welch Medical Doctor	Medical advice, drugs etc.
6-Apr	Arnold Geerdts	Comrades challenge & preparation
20-Apr	Cara Humphrey Sports Nutritionist	During & post Comrades diet
4-May	Sports psychologist motivational speaker	Mental preparation
18-May	Alan Robb Comrades legend	