Topic: Spring Marathons with a focus on Boston and Pittsburgh
Learn some race tips and strategies from Olympian Brian Sell, Artie Gilkes, and Rebecca Donaghue. Brian, Artie, and Rebecca have plenty of marathon experience and detailed knowledge of the Boston and Pittsburgh courses.

Location: St. Joseph's Catholic Academy (901 Boalsburg Pike, Boalsburg, PA)
Time: 6:30 - 8 p.m.
Date: Thursday Apr. 5
Speakers: Brian Sell, Artie Gilkes, Rebecca Donaghue
Suggested Donation: $5 -10*

Speaker Bios
Brian Sell
Brian reached the pinnacle of his sport when he competed in the 2008 Olympic Games. Representing his country in the Olympic marathon in Beijing was just one of many highlights for Sell during a decade as one of the top distance runners in the world. A tenacious trainer and competitor, Sell personifies the spirit at the heart of the Olympic Creed: "...the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Artie Gilkes
Artie is one of America's top up and coming coaches. He is able to personalize each athlete's program to maximize their strengths and improve their weaknesses. His coaching philosophy and beliefs have been molded through his rigorous self-study of many coaches and athletes and his own personal training. He is a fierce competitor who is able to have his athletes dream big, then attack and achieve their goals.

Rebecca Donaghue
Rebecca is a professional runner who is one of America's top distance runners and most successful high school coaches. As a competitor, she excels on an international stage. As a leader and mentor to the young athletes, she's a terrific role model for healthy lifestyles and achieving your goals.

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