



AVOHK PRESENTS...

INSIGHTS FROM THE RUNNING GURU: JOE HENDERSON



ABOUT OUR SPEAKER: Joe Henderson has written 27 books on running and countless magazine articles. He authors the "Joe's Journal" column for *Marathon & Beyond*, and was for more than 30 years a columnist and editor at *Runner's World*. A veteran of more than 700 races, Joe teaches running classes at the University of Oregon in Eugene and coaches a local Marathon Team. He posts a weekly column on his website, www.joehenderson.com.

Join us for a presentation and informal discussion on the world of long distance running by our guest expert Joe Henderson author of *Long Slow Distance: The Humane Way To Train* and *Long Run Solution*. With over 40 years of experience in the long distance running field as both a coach and author, Joe will present his recommendations on the most effective training methods.

The presentation will take place over a 3-course set dinner at Indochine (please refer to menu below).

Monday 23 March
7pm – 10pm
Indochine
2/F, California Tower
30-32 D'Aguilar Street
Central
HK\$300 per person
RSVP Monday 16 March

Notes:

- Only payments received before Monday 16 March will be accepted. Strictly no payment on the night.
- Please make cheques payable to 'AVOHK' and send to:
AVOHK Joe Henderson Talk, 14F Bella Vista, 3 Ying Fai Terrace, Central.
- If you would like to pay in cash before Monday 16 March please call Jane on the number below to make an arrangement.

For all enquires please contact Jane Hodgskin on +852 93177326.



Dinner Set

Monday, 23 March 2009

Crispy fried vegetarian spring rolls

Shredded beef and papaya salad

Sweet corn and crab soup

Stir-fried king prawns with garlic and butter

Wok-fried filet of lamb with garlic and leek

Sautéed chicken with basil and cashew nuts

Stir-fried seasonal green vegetables

Hue fried rice with shrimp, salami and lemongrass

Tropical fruit platter

Tea or coffee