

Guest Speakers

at the 2009 Dreamchasers Women's Training Camp



Naomi Albertson, MD

Sports Medicine Specialist

Dr. Naomi Albertson is a board-certified Family Practice Physician who specializes in Sports Medicine. Naomi will advise us on a topic near and dear to an endurance athlete's heart - fluid replacement. She will discuss sodium use, as well as an overview of what's on the market today to help you make informed choices.



Laurie Andrews

Executive Director of the Jackson Hole Land Trust, Ultrarunner

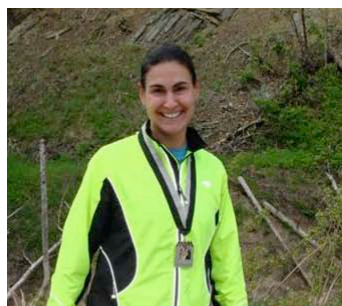
Laurie Andrews is the Executive Director of Jackson Hole Land Trust and is an accomplished ultrarunner, mountain climber, skier, biker, and pilot. She will lead us in a roundtable discussion called Women on the Run: Maintaining Fitness & Living Large. The discussion will address some of your concerns about balancing fitness and training with other areas of your life.



Adolfo Gutierrez

Judo Sensei / Coach

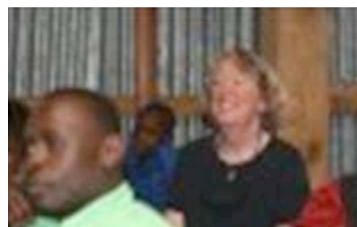
Adolfo Gutierrez is a Judo Sensei with thirty-four years of dedicated Judo practice and instruction, including two intensive years of training in Japan. He will lead us in a self defense class and raise our awareness about the daily things we can do to protect ourselves.



Maura Lofaro, MD

Obstetrician & Gynecologist

Dr. Maura Lofaro is a board-certified Ob/Gyn and an owner of Gros Ventre Ob/Gyn. She has a full-time, full-scope obstetrics and gynecology practice plus a very busy family life. Maura will discuss with the group the ever-present challenges of juggling career, home, and self. She will offer anecdotes about how to take risks and use exercise as a way to help get through the stresses that can accompany such life events.



Katsey Long

Clinical Social Worker

Katsey Long is a Clinical Social Worker with experience in teaching and working with families in the areas of inner healing, and generational and family healing, across the United States and in Canada. She will lead our group in a seminar about the importance of setting boundaries.