

Distance Runners, Trail Runners, Triathletes, Open Water Swimmers,  
Cyclists, Nordic Skiers, Snowshoe Racers, all endurance athletes...

Come to theY “YESS” Gathering to *Learn,  
Network, and Expand Your Fitness Horizons.*

# YESS the



- A new, quarterly speaker and social gathering series for endurance athletes.
- Hosted by the Salem Y.
- Open as an information event for local sports clubs, activity groups, and equipment providers.
- Educational and fun!

## Endurance Sports Series



### Guest Speaker Chris Troyanos

Director of Medical  
Services for the Boston Marathon

**Topic:** *Race Medicine - and what you  
should expect from your their medical team.*

Chris Troyanos has been Director of Medical Services for the BAA Boston Marathon for fifteen years. His company, Sports Medicine Consultants, manages medical operations and provides services for numerous endurance racing events. Chris has been an athletic trainer for two NCAA intercollegiate athletic departments and has served as a special gifts representative for Childrens Hospital in Boston.

**Tuesday, October 12**

**7:00 pm**

**Salem Y**

**1 Sewall St, Salem, MA**

For more information

978 -740-9622