



Join the Research Team for a virtual run to NHRC in Kenora!

Kenora is approximately 500 km from Thunder Bay. In the months, weeks, and days leading up to NOSM's Northern Health Research Conference (NHRC) 2018, I will be tracking my running distance to Run the Distance to Kenora. If you would like to join me on this quest, or challenge yourself from your own hometown, we have set up a NOSM running group at Strava. I will be running, but you may choose other forms of exercise (ski, snowshoe, swim, bike, kayak, canoe, etc) or combination of exercises, to go the distance.

If you are interested in joining, please follow the [link](#) to create an account and track distances at the NOSM Strava Club.

As you Run the Distance to Kenora, we also invite you to share photos to @thenosm on Instagram , Facebook or Twitter using #beactivewithNOSM and #NHRC2018!

I look forward to seeing you in Kenora

Penny Moody-Corbett, Associate Dean, Research



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