



THURSDAY GUEST SPEAKERS

Expo Hours Thursday, 11am – 7pm | Friday, 10am – 7pm

- 1:00pm **RUNNING DOC'S GUIDE TO HEALTHY RUNNING**
Lewis G. Maharam, MD, aka Running Doc™
How to Fix Injuries, Stay Active and Run Pain-Free
- 2:00pm **THE PENGUIN PLAN**
Inspiration, Motivation and Celebration with running author and columnist John Bingham
- 3:30pm **MEET SEATTLE STORM CELEB KATIE SMITH**
Q & As with Katie Smith – all time leading scorer in women's professional basketball. After, Katie will sign autographs in the Group Health booth.
- 4:15pm **CrossFit Endurance with Brian MacKenzie**
Brought to you by Competitor Magazine
The most dangerous man in the world, Brian MacKenzie shares his training regimen.
- 5:00pm **RUNNING FOR LIFE BALANCE**
Teresa Garza, marathoner and leadership coach shares how running can balance other areas in your life.
- 6:00pm **MEET THE PACERS**
Run your best race with Chuckit Running Club Pace Team.



FRIDAY GUEST SPEAKERS

Expo Hours Friday, 10am – 7pm

- 12:00pm **ULTRA MARATHONER – SCOTT JUREK**
Hear Scott Jurek’s insights on training, nutrition and how to prepare for the big day.
- 1:00pm **THE PENGUIN PLAN**
Inspiration, Motivation and Celebration with running author and columnist John Bingham
- 2:00pm **MIKE SAYENKO, presented by NUTRILITE**
Join one of the USA’s top marathoners, Mike Sayenko for an in-depth discussion about nutrition and running tips.
- 3:30pm **MEET SEATTLE SOUNDERS TAYLOR GRAHAM**
Q & A with Taylor Graham.... After the clinic, Taylor will be available to sign autographs in the Group Health booth.
- 4:15pm **CrossFit Endurance with Brian MacKenzie**
Brought to you by Competitor Magazine
Brian MacKenzie shares his training regimen.
- 5:00pm **FLEXIBILITY FOR RECOVERY**
Jacuzzi presents Doris Dodge-Thews. Get expert advice on how to implement flexibility for faster recovery.
- 6:00pm **RUNNING DOC’S GUIDE TO HEALTHY RUNNING**
Lewis G. Maharam, MD, aka Running Doc™
How to Fix Injuries, Stay Active and Run Pain-Free