

## EXPO SEMINAR SCHEDULE

FRIDAY, JANUARY 29

**Speaker:** Arturo Barrios - First Man to Run Under An Hour for the Half-Marathon

**Topic:** Chasing the American Dream: How I Set Five World Records, and What You Can Learn From It

**Time:** 1:00 PM

**Speaker:** Chris Gillespie - MED, ATC Director, Athletic Training Education - Samford University - Birmingham, AL, Founder & Executive Director - TEAM 413 - GRACERUNNER Ministries

**Topic:** Feet Don't Fail Me Now - Dealing with Common Running Injuries

**Time:** 2:00 PM

**Speaker:** Elva Dryer - Two-time Olympian, 2:31 Marathoner; Michael Aish - Twotime Olympian, 2:13 Marathoner; Matt Downin - Director of Marketing, Strands.com, 2:14 Marathoner

**Topic:** Marathon Training from Olympians Elva Dryer and Michael Aish

**Time:** 3:00 PM

**Speaker:** Dane Rauschenberg - Extreme Runner

**Time:** 4:00 PM

**Speaker:** Lee Zohlman - BodyZen Multisport, Coach & President BodyZen Enterprises Inc.

**Topic:** Official ING Miami Marathon and Half Marathon® Pre-race Seminar

**Time:** 5:00 PM

**Speaker:** Ana Weir - Executive Director of One World Running

**Topic:** Running the World with One World Running

**Time:** 6:00 PM

SATURDAY, JANUARY 30

**Speaker:** Coach GP Pearlburg - USAFT Coach, Level 2, Co-Founder RunningBuzz.com, Author - "Run Tall, Run Easy"

**Topic:** Run Tall, Run Easy to Get Out of Trouble When Trouble Strikes

**Time:** 11:00 AM

**Speaker:** Lisa Dorfman - MS, RD, CSSD, LMHC, Director, Sports Medicine Nutrition & Performance - UHealth Sports Nutritionist - University of Miami Athletic Department

**Topic:** Peak Performance Eating for Faster Racing, Stronger Recovery

**Time:** 12:00 PM

**Speaker:** Elva Dryer - Two-time Olympian, 2:31 Marathoner; Michael Aish - Twotime Olympian, 2:13 Marathoner; Matt Downin - Director of Marketing, Strands.com, 2:14 Marathoner

**Topic:** Marathon Training from Olympians Elva Dryer and Michael Aish

**Time:** 1:00 PM

**Speaker:** Ryan Hall - Nissan Master and Elite Marathoner

**Topic:** Training Secrets from Ryan Hall, Presented by Nissan

**Time:** 1:30 PM

**Speaker:** Dr. Erin Wolff - MD Assistant Professor of Clinical Medicine, Department of Rehabilitation

Medicine, University of Miami Miller School of Medicine

**Topic:** The Marathon: To Finish Strong or Just to Finish

**Time:** 2:00 PM

## NISSAN HEALTH & FITNESS EXPO PRESENTED BY THE MIAMI HERALD & EL NUEVO HERALD



# Health & Fitness Expo

PRESENTED BY

The Miami Herald  El Nuevo Herald

The Nissan Health & Fitness Expo presented by The Miami Herald & El Nuevo Herald is one of the largest health based trade shows in South Florida, drawing over 30,000 visitors. The expo features over 100 exhibitors showcasing products in nutrition, health, fitness, and the newest trends in running shoes and apparel. The Official Merchandise Store of the ING Miami Marathon and Half Marathon® will have commemorative shirts, hats, jackets, and other souvenirs available for purchase.

### Nissan Health & Fitness Expo presented by The Miami Herald and El Nuevo Herald

Miami Beach Convention Center - Hall A  
1901 Convention Center Dr., Miami Beach  
Friday, Noon - 7:00 PM  
Saturday, 10:00 AM - 6:00 PM

Admission is **FREE** and open to the public.

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(SATURDAY, JANUARY 30 continued)

**Speaker:** Dr. Erin Wolff - MD Assistant Professor of Clinical Medicine, Department of Rehabilitation

Medicine, University of Miami Miller School of Medicine

**Topic:** The Marathon: To Finish Strong or Just to Finish

**Time:** 2:00 PM

**Speaker:** Dane Rauschenberg - Extreme Runner

**Topic:** TBD

**Time:** 3:00 PM

**Speaker:** Arturo Barrios - The First Man to Run Under An Hour for the Half-Marathon

**Topic:** Chasing the American Dream: How I Set Five World Records, and What You Can Learn From It

**Time:** 4:00 PM

**Speaker:** Chris Gillespie - MED, ATC Director, Athletic Training Education - Samford University - Birmingham, AL, Founder & Executive Director - TEAM 413 - GRACERUNNER Ministries

**Topic:** Faith on the Run

**Time:** 5:00 PM