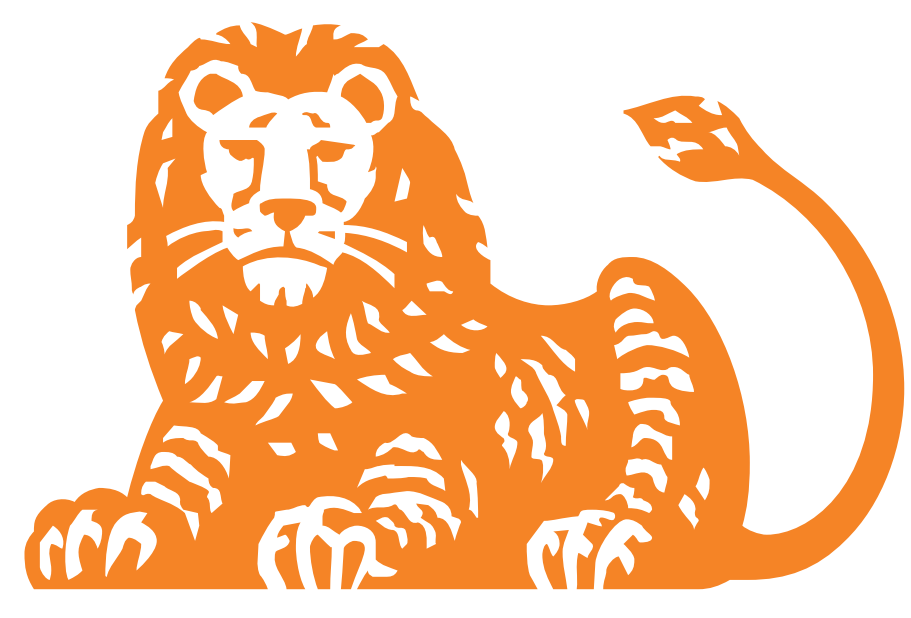


ING



MIAM MARATHON[®] AND HALF MARATHON

SEMINAR SCHEDULE



Health & Fitness Expo

PRESENTED BY

The Miami Herald  el Nuevo Herald

ING Runner's Nation Lounge Friday, January 28

1:00 PM

Speaker Coach GP Pearlberg - USAFT Coach, Co-Founder RunningBuzz.com, Author - "Run Tall, Run Easy"
Topic How To Get Out Of Trouble In A Race Physically and Psychologically When Trouble Strikes

3:00 PM

Speaker Frankie Ruiz - Founder of ING Miami Marathon. Chief Running Officer of US Road Sports & Entertainment
Topic All You Ever Wanted To Know About The ING Miami Marathon - History, Lore, Sights, Sounds and Challenges

4:00 PM

Speaker Mike Ward - Former University of Miami Track Coach and current local long distance running trainer
Topic Marathon Training; Developing a Training Program For The Full & Half Marathon

5:00 PM

Speakers Chris Gillespie - MED, ATC Director, Athletic Training Education Samford University - Birmingham, AL, Founder & Executive Director - Team 413 - Gracerunner Ministries
Topic GraceRunner Journey

6:00 PM

Speaker Dane Rauschenberg - Extreme Runner
Topic Ignore The Impossible!

ING Runner's Nation Lounge Saturday, January 29

11:00 AM

Speaker: Coach GP Pearlberg - USAFT Coach, Co Founder RunningBuzz.com, Author - "Run Tall, Run Easy"
Topic: How To Get Out Of Trouble In A Race Physically and Psychologically When Trouble Strikes

Noon:

Speaker: Lisa Dorfman - MS, RD, CSSD, LMHC, Director, Sports Medicine Nutrition & Performance - UHealth Sports Nutritionist
University Of Miami Athletic Department
Topic: Peak Performance Nutrition For Racing & Life

1:00 PM

Speaker: Donna Richardson Joyner - Member of the Presidential Council of Fitness & Nutrition; Founder of Sweating in the Spirit,
Former Co-Host of ESPN's Fitness Pro's Show
Topic: Inspire Your Soul & Transform Your Body

2:00PM

Speaker: Mike Ward - Former University of track Coach and current local long distance running trainer
Topic: Marathon Training; Developing a Training Program For The Full & Half Marathon

3:00PM

Speaker: Dr. Erin Wolff - MD Assistant Professor of Clinical Medicine, Department of Rehabilitation Medicine,
University of Miami Miller School of Medicine
Topic: Stay On Pace For A Successful Marathon

4:00PM

Speaker: Dane Rauschenberg - Extreme Runner
Topic: Ignore The Impossible!

5:00PM

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