



2012 Nissan Health & Fitness Expo Presented by The Miami Herald and El Nuevo Herald

Speaker Bios

Dr. Andy Baldwin - US Navy Lieutenant Commander

Andrew Baldwin, MD, is a physician, humanitarian, US Navy diver and media personality currently serving as a family medicine resident at the Naval Hospital Camp Pendleton in Southern California. He is best known to the American television audience as the bachelor of the tenth season of the reality dating show The Bachelor dubbed The Bachelor: Officer and a Gentleman.

Dr. Baldwin serves as an ambassador for the ING Run For Something Better® program, a charitable initiative that promotes youth fitness and provides grants and funding for school-based running programs across the country. These include programs within Miami Dade County Public Schools that was established through the successful partnership between ING and US Road Sports & Entertainment of Florida. On Sunday, 5,000 middle school children will complete their 26.2 miles of running with their final 1.2 miles occurring at 11:00 AM alongside finishers of the marathon.

This year in Miami, Dr. Baldwin will run the half marathon portion and will wear a pair of ING's signature orange shoelaces. Orange laces are given to people who make a donation of \$10 or more to the ING Run For Something Better cause. The laces serve as a "thank you" and symbol of support for youth fitness and running.

Dr. Baldwin assisted the US Surgeon General with a program called Healthy Youth for a Healthy Future and currently serves as an advocate for the Let's Move Campaign, headed by First Lady Michelle Obama. Both of these programs target childhood overweight and obesity.

Dr. Baldwin is active in charitable and humanitarian efforts. He is founder of the Got Your Back Network, a 501(c)(3) foundation that provides an avenue for the children of fallen soldiers to learn and be inspired by the most successful leaders of our generation.

Dr. Baldwin has also been named to the All-Navy Triathlon Team 5 times and was a three time USA Triathlon All-American. As an endurance athlete and national health and fitness specialist, he has competed in numerous triathlons and racing events internationally.

Lisa Dorfman - MS, RD, CSSD, LMHC, Director, Graduate Program – Nutrition for Health & Human Performance, University of Miami

The Running Nutritionist® is an accomplished sports nutrition & performance expert for two decades; consultant to professional, Olympic, collegiate & everyday athletes worldwide. Lisa is a former pro triathlete & competitor in over 34 marathons (PR 2:52:32), Ironman USA, & the 2004 Long Distance Duathlon World Championships for Team USA.

Lisa has been featured on Good Morning America, Dateline, 20/20, CNN, ESPN, Fox, MSNBC, Designing Spaces, E and local & international news. She is a columnist for Miami Sports Magazine & appears in dozens of publications monthly. Lisa's books and programs including her latest *Performance Nutrition for Football* (Momentum Media, 2010) is available worldwide and at www.runningnutritionist.com.

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

From one t-shirt to the largest ministry for endurance athletes in the world – Chris Gillespie calls TEAM 413 a miracle of God's grace. In 2003 Gillespie founded the non-profit ministry inspired by God's calling in his life. Even though he is the Director of Athletic Training Education at Samford University in Birmingham, Alabama – TEAM 413 is his passion – a labor of love for runners and other endurance athletes worldwide. Whether challenging others to walk a lap around a track or run a mile, change an attitude or improve a relationship, Gillespie shares a message of hope, confidence, perseverance, courage, and strength. His goal is to exhibit in his own life and to impart to others the truth of Philippians 4:13 -- “I can do all things through Christ who strengthens me.”

Chris Gillespie has done much in his 30-year career as a certified athletic trainer. He was the Head Athletic Trainer at Samford University from 1982-1999. Since that time, he has been involved more extensively in the administrative and educational aspect of the athletic training program. He has spoken at athletic training and sports medicine seminars from coast to coast. He has also served on numerous athletic training committees at the state, district, and national levels. Chris has served as president of the Alabama Athletic Trainers' Association and the Southeast Athletic Trainers' Association. In addition, Chris served as a member of the Alabama Athletic Trainers' Association Licensure Task Force and was a member & Vice-Chair of the Alabama Board of Athletic Trainers for more than a decade. Chris was an athletic trainer for track & field and the marathon at the 1996 Olympic Games in Atlanta.

Among his many awards in the athletic training field are the National Athletic Trainers' Association Service Award, the Southeast Athletic Trainers' Association District Award, the Southeast Athletic Trainers' Association Educator Award, and the National Athletic Trainers' Association Most Distinguished Athletic Trainer Award. His highest honors have been induction into the Alabama Athletic Trainers' Association Hall of Fame in 2002 and the Southeast Athletic Trainers' Association Hall of Fame in 2008.

Chris Gillespie's story is one of inspiration. He shares his words of encouragement, God's grace, and overcoming trials to running groups, churches, sports teams, and at

marathons across the United States. He has given presentations on his faith and on running injuries at marathon expo seminars in cities such as Atlanta, Jackson, Chicago, Nashville, Virginia Beach, Knoxville, Duluth, Charlotte, Kansas City, San Diego, Champaign, Phoenix, Long Beach, Columbus, Orange County, Springfield, Lake Tahoe, Miami, Des Moines, and Fargo. Chris is the author of *GRACERUNNER – FAITH ON THE RUN* and is currently writing two more books.

A native of Pontotoc, Mississippi, Chris and his wife, Kiki, now live in Calera, Alabama. Chris has two daughters, Morgan (27) and Ashley (25) and two step children, Gerrit (14) and Hanna (12).

Cat Haayen – YOGathletA – Awaken Your Inner Athlete with Cat Haayen at the ING Marathon Expo, South Florida's favorite yoga instructor to the athlete community and creator of YOGathletA®

The YOGathletA® method is designed to therapeutically purify the entire body, creating a glowing and radiant form inside and out through the process known as Vinyasa Chikitsa or (breath-motion therapy). In this 45 minute transformational immersion with Cat Haayen you will learn to build heat intelligently inside and out, from your core to the outermost sheath of your skin. Cat blends her wealth of knowledge in anatomy, physiology, and sport injury prevention to create a unique, vigorous-yet-sumptuous approach based on the Power Vinyasa system -with a few refinements to fit into the western class dynamics. Harmonizing breath and action, you will safely clear obstacles to your physical freedom and awaken your inner athlete!

Ryan Hall – Olympic Marathoner, Nissan Innovation for Endurance Spokesperson

Ryan Hall will represent the United States on the U.S. Olympic Marathon Team for the 2012 London Olympics. He represented the US in the 2008 Olympics, 2005 World Track and Field Championships and the 2006 World Cross Country Championships. Ryan Hall is the fastest American marathoner on the road today with a personal best of 2:04:58. On January 14, 2012, Hall achieved a 2:09:30 in the U.S. Olympic Marathon Team Trials in Houston, TX and placed second to make the team.

Hall finished second at the 2003 NCAA Cross-Country Championships during his junior year at Stanford University. That year he was named Pac-10 Cross Country Athlete of the Year and All-American for a second consecutive year. He graduated from Stanford in 2006 with a B.A. in Sociology.

Hall's running success continued when he captured the 2006 USA Cross Country Championship in the Bronx, N.Y. His career took off when he set the record for a U.S. debut performance with a 2:08:24 in London in 2007. He followed that by finishing fifth in the 2008 London Marathon. Until recently, Hall held the American record in the half marathon with a time of 59:43, and is still the first and only American ever to break the one-hour barrier in the event.

Hall is an Innovator as part of the [Innovation for Endurance](#) program by Nissan and Rodale Inc. The program connects with active lifestyle enthusiasts at a series of high-profile running and cycling events nationwide. Centered on a Facebook page, the program utilizes healthy living Innovators and athletes including actor Ryan Reynolds,

cyclist Chris Carmichael, yoga instructor and author Tara Stiles and Olympic marathoner, Ryan Hall.

To learn more about the Innovation for Endurance program, stay up to-date on fitness tips from Ryan, and check out other upcoming events, visit www.facebook.com/InnovationforEndurance.

Marta Montenegro, MF, MS, CSCS, NSCA-CPT

Marta Montenegro has been inspiring people to live healthy lives by giving them the tools and strength to find one's inner athlete. Inspired by her father's last words to her, "Find your victory," she dedicated herself to living a healthy lifestyle and sharing her personal journey with others. This spring she launches her personal website MartaMontenegro.com, which combines health and fitness advice, first-person stories, and tips on nutrition, beauty and fashion.

Most recently, she created *SOBeFIT*, a national fitness magazine for men and women, and the Montenegro Method DVD workout series – a program she designed for getting results in just 21 days by exercising 21 minutes a day. Her award-winning magazine, in which she served a publisher and editor-in-chief, has earned praise from top athletes and celebrities like Serena Williams, Rafael Nadal, Dwyane Wade and Mario Lopez, among others. In her editorial focus, she created innovative columns like Fit Rx, using exercise programs to combat health ailments; and Top Trainer, which focuses on how top athletes and entertainment figures stay in shape.

Marta is a certified strength and conditioning, coach, master trainer and serves as an adjunct professor of exercise physiology at Florida International University. Through her studies and experience, Marta has developed her own system of plyometrics and resistance exercises used by professional athletes across a variety of disciplines.

With Masters degrees in finance and exercise physiology, Marta is continually updating her teachings with the latest in fitness science, sharing these updates with readers of her column on AOL en Espanol. She has frequently contributed to both local and national media outlets, including CNN, NBC, ABC, CBS and Univision and even matched wits with a panel of comedians on "The Joy Behar Show." One of Marta's areas of specialization is cardiac rehabilitation and she serves as a spokesperson for the American Heart Association. She was recently won honors in the Sports & Athletics category for Miami-Dade County's In the Company of Women Awards 2011.

As a sought-after speaker, Marta has tackled topics ranging from business, fitness and holistic health. She also has worked as print and broadcast journalist, starting with the Venezuelan newspaper *Diario La Verdad* and was the assistant to the press chief of the Venezuelan embassy in Washington, D.C. She also served as a reporter for the leading national finance magazine in Venezuela, *Inversiones*. In her home country, she owned and operated a private wellness center, where she helped clients develop athletic performance and assisted in the recovery programs of patients. She is the author of the Spanish-language book "Forget Dieting! Exercise and Learn How to Eat."

She is a member of the National Strength & Conditioning Association, the American College of Sports Medicine and the American Society of Exercise Physiology.

Coach Gerard (GP) Pearlberg - USAFT Coach, Level 2, Co-Founder RunningBuzz.com, Author - "*Run Tall, Run Easy*", aka "Coach GP,"

GP hails from England and has been an avid athlete for 40 of his 48 years. An international rugby player for many years, GP took up distance running in April 1990. He ran his first marathon at New York that year after being challenged by his sister Nicole. After that initial 4:41 at New York, GP was determined to find out why the marathon had been such a challenge. From that day forward, he was committed to uncovering the secrets to moving the human body through space with as much efficiency, economy, and speed as possible. Over the next 14 years, GP completed 22 marathons, including a 2:34:00 in the 1998 Napa Valley Marathon and a 4:21 mile at the Capital Mile in Sacramento at age 35.

GP's professional coaching career was born. He is considered one of the top authorities on running biomechanics, and he is the full-time coach to several world-class runners, including Florida's two-time Olympic marathoner, Ronnie Holassie. GP also coaches Ajee Wilson 800 Meter U17 World Champion. He also coaches age-group runners around the world via his Web site: www.runningbuzz.com.

Coach GP has completed 26th marathons (17 under three hours) and is currently training to break 2.40 at the 2012 Marine Corps marathon at age 48. A member of Team Mizuno, GP is also the head coach for Team Boomer, part of the Boomer Esiason Foundation, providing Athletic Scholarships and raising funds & awareness in the fight against Cystic Fibrosis. In addition to his own full time athletes, GP coached 125+ Team Boomer runners for the 2011 NY marathon.

GP, is a member of the broadcast team for the ING Miami Marathon and Half Marathon, does TV and radio commentary, and is a frequent guest at races across North America. His talk, "Proper Running Biomechanics: How to Get Out of Trouble When Trouble Strikes," offers race participants concrete advice they can apply to their running the very next day in the race. Coach GP is one of the featured speakers in the *Marathon & Beyond* Speakers Bureau, joining a distinguished panel that includes legendary American distance runners Helen Klein and Patti Catalano Dillon. Coach GP brings his own brand of energy, humor, and high degree of motivation to his speaking engagements, along with straightforward facts that runners can put into use immediately.

Dane Rauschenberg – Extreme Runner, Author of *See Dane Run, One Man, 52 Weekends, 52 Marathons*.

Dane is a champion of exploring what is personally possible. During the past five years, Dane has racked up an impressive number of incredible endurance feats including running 52 marathons in 52 consecutive weeks and completing the 202 mile American Odyssey Relay - solo! His goal is to inspire people to give their all, regardless of what their "all" may be.

Whether your goal is to improve as an athlete, do better at your job or excel in your personal life as a parent, sibling or friend, Dane will provide the inspiration to take those first steps and take matters into your own hands!

Natalie Romero - Registered Dietician, Baptist Health South Florida

Natalie Romero, is a Florida licensed registered dietitian for Baptist Health South Florida's employee health and wellness program. She is specially certified in adult weight management. Ms. Romero graduated with her Masters degree in Nutrition and Exercise Sciences from the University at Buffalo, State University of New York State. She has published research on how social influences effect children's eating habits and physical activity levels. Her undergraduate studies were completed at Florida's International University in nutrition and dietetics. Ms. Romero's professional background covers clinical nutrition therapy, food intolerances and weight loss and health management.

Dr. Thomas San Giovanni – Orthopedic Surgeon, Doctors Hospital Center for Orthopedics & Sports Medicine Baptist Health South Florida and Co-Medical Director ING Miami Marathon and Half Marathon

Thomas San Giovanni, M.D. is a Board-certified orthopedic surgeon at Doctors Hospital in Coral Gables, Florida, specializing in conditions of the foot and ankle. He received his medical degree from George Washington University School of Medicine in Washington, D.C. He subsequently completed an orthopedic surgical residency at the University of Miami and two fellowships at Harvard Medical School in foot and ankle surgery and pediatric orthopedic surgery. He also completed a Robert Wood Johnson Research Fellowship at Columbia University's college of Physician and Surgeons in New York City.

Dr. San Giovanni has recently been appointed as a professor at the Florida International University College of Medicine. He also serves as a clinical associate professor at the University of Miami School of Medicine in the Department of Orthopedics and Rehabilitation and as a voluntary associate professor in the Department of Exercise & Sport Sciences. Dr. San Giovanni is the orthopedic surgeon for the Miami City Ballet. He also serves as a foot and ankle surgical consultant to the Florida Panthers, Tampa Bay Buccaneers, University of Miami and Florida International University sports teams and Miami-Dade County Public Schools. Dr. San Giovanni lectures internationally on an extensive array of topics within the field of foot and ankle surgery. Dr San Giovanni has been chosen as one of the "Best Doctors in America" each year since 2005.

Lee Zohlman – Multi Sport Coach, Professional Athlete Manager, Television Commentator, Multi Sport and Fitness Writer.

A competitive swimmer since the age of six, Lee Zohlman quickly learned the value of hard work and that all the little things add up. At the age of 24, Lee immersed himself into the endurance sports world and quickly found success. Whether rock climbing, mountaineering or completing an Ironman triathlon he has always known that with a solid plan and attention to detail there will be success. Lee has taken these core principles and used them to build two successful sports businesses.

As founder and Lead Coach of BodyZen, Lee has elevated himself to the top of the triathlon coaching profession by being one of the very few Elite Level Three certified

coaches in the world. Lee has coached and advised some of the world's top Olympians and Ironman champions.

Lee is also Founder and Lead Strategist for Universal Multisport and has represented many well known events, Ironman champions and Olympians while successfully negotiating corporate contracts, developing media training for the athletes and lending an ear in the rough patches that every athlete goes through. He has negotiated sponsor contracts with some of the biggest brands in the world including Pepsi, Gatorade, Samsung and many more.

Lee has been a member of the broadcast team of the ING Miami Marathon and Half Marathon and is noted for his knowledge of the South Florida endurance running community. He still competes in triathlons, rock climbs, ice climbs, swims and spends as much time as he can with his daughter Kaia Blu teaching her that the little things do always add up. Lee resides in Miami, Florida.

