

2012 ING Miami Marathon® and Half Marathon
Nissan Health Fitness Expo Presented by The Miami Herald and El Nuevo Herald
Seminar Schedule
January 27-28, 2012

Friday, January 27

1:00 PM ING Runner's Nation Lounge

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**

2:00 PM ING Runner's Nation Lounge

ING Miami Marathon Press Conference
ING Miami Marathon Staff, ING Representatives, Special Guests and Various Elite Athletes

3:15 PM ING Runner's Nation Lounge

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

4:00 PM ING Runner's Nation Lounge

Speaker: Dane Rauschenberg - Extreme Runner
Topic: **Ignore the Impossible!**

5:00 PM ING Runner's Nation Lounge

Speakers: Natalie Romero, Registered Dietician, Baptist Health South Florida
Topic: **Top Five Nutrition Tips for Runners**

6:00 PM ING Runner's Nation Lounge

Speaker: Lee Zohlman - Multi Sport Coach, Professional Athlete Manager, Television Commentator, Multi Sport and Fitness Writer
Topic: **Your Best Race is Inside of You -- Learn How to Get it Out!**

Saturday, January 28

11:00 AM ING Runner's Nation Lounge

Speaker: Dr. Thomas San Giovanni - MD, Baptist Health South Florida
Topic: **Common Running Injuries and Tips for Prevention**

11:30 AM Meeting Room C123

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

12:00 PM ING Runner's Nation Lounge

Speakers: Dr. Andy Baldwin - Physician, US Navy, ING Run For Something Better Ambassador
Topic: **Run For Something Better**

1:00 PM ING Runner's Nation Lounge

Speaker: Ryan Hall - US Olympic Marathon participant, nationally acclaimed long distance runner, Nissan national spokesperson - (With Jeremy Pate or Lee Zolman, Moderator)
Topic: **Race Day Tips**

1:30 PM Meeting Room C123

Speaker: Lisa Dorfman - MS, RD, CSSD, LMHC, Director, Sports Medicine Nutrition & Performance - Sports Nutritionist
Topic: **Performance Nutrition: Top 3 Strategies for an ING Miami Marathon PR**

2:00 PM ING Runner's Nation Lounge

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**

2:30 PM Meeting Room C123

Speaker: Dane Rauschenberg - Extreme Runner
Topic: **Ignore the Impossible!**

3:00 PM ING Runner's Nation Lounge

Speaker: Marta Montenegro - Fitness Expert, member of the National Strength & Conditioning Association, the American College of Sports Medicine and the American Society of Exercise Physiology.
Tema: **Fortalecer los Abdominales y Estirarse: Necesario? (En Espanol)**
Topic: **Strengthening the Core & Stretching: Is it Necessary? NOTE: This seminar is in Spanish)**

4:00 PM ING Runner's Nation Lounge

Speaker: Dr. Andy Baldwin - Physician, US Navy, ING Run For Something Better Ambassador
Topic: **Run For Something Better**

4:30 PM Meeting Room C123

Speaker: Cat Haayen - YOGathletA
Topic: **Awaken Your Inner Athlete**

5:00 PM ING Runner's Nation Lounge

Speaker: Dr. Andy Baldwin - Physician, US Navy, ING Run For Something Better Ambassador
Topic: **Run For Something Better**

Updated: 1/20