

RUNNER'S WORLD STAGE

Friday 10/9/15

Time	Seminar	Presenters
10 – 10:45 a.m.	<p>Training: How to get faster and go longer</p> <p>If you're looking to take your running to the next level, join our experts for advice on how to get the most out of your hard training sessions to the best ways to build a marathon training program to achieve a PR. If running faster and smarter is your ultimate goal, this session is for you.</p>	<p>Coach Budd Coates – Director of Training, Runner's World Robyn LaLonde, Chris Bennett – Nike+ Run Club Coaches Alexi Pappas – Athlete Dathan Ritzenhein – Athlete</p>
11 – 11:45 a.m.	<p>Women's running: Why it's different for us</p> <p>Join our all-female panel for a conversation about how to stay strong, motivated, and injury-free to thrive as a female runner. Also, how to adjust your training and your nutritional needs through different life stages so you can enjoy a healthy, happy running life.</p>	<p>Katie Neitz – Articles Editor, Runner's World Allison Parker, MS, RD, LDN – Dietitian/Nutritionist, Mariano's Dr. Kara Vormittag, MD – Physician, Advocate Health Care</p>
12 – 12:45 p.m.	<p>Fuel: Priming your body for peak performance</p> <p>This session covers everything you need to know about fueling up for running—whether it's before a run, while you're on the road, or after you cross the finish line. Get fresh advice on running strong, avoiding unplanned pit stops, and recovering quickly.</p>	<p>Bart Yasso – Chief Running Officer, Runner's World Allison Parker, MS, RD, LDN – Dietitian/Nutritionist, Mariano's Monique Ryan, MS,RDN, CSSD, LDN, CLT – Nutritionist, Runner's World/Gatorade Endurance</p>
1 – 1:45 p.m.	<p>Race day lessons for life</p> <p>In many ways, the marathon is a metaphor for life. On race day, runners will face obstacles on their 26.2-mile journey to the finish. In this session, experts offer advice for preparing your mind and body for the journey – and how you can apply this marathon experience to your everyday life.</p>	<p>Joan Benoit Samuelson – Athlete, Abbott Dr. Beth McQuiston, MD, RD – Neurologist and Dietitian, Abbott</p>
2 – 2:45 p.m.	<p>Molex: The impact of emerging technologies on athletic training and performance</p> <p>Technology has played a substantial role in advancing athletic performance for both professional and amateur athletes. This session delves into emerging technologies that promise to dramatically improve our understanding of human physiology and help us maximize training effectiveness, race day performance and overall health and fitness goals.</p>	<p>John M. Heitzinger, Ph.D – General Manager, Printed Electronics, Molex</p>
3 – 3:45 p.m.	<p>Abbott World Marathon Majors: Tips from the race directors</p> <p>The Abbott World Marathon Majors is a series consisting of six of the largest and most renowned marathons in the world: Tokyo, Boston, Virgin Money London, BMW BERLIN, Bank of America Chicago and TCS New York City Marathons. Before you tackle 26.2 miles in Chicago get insider tips from AWMM Race Directors Carey Pinkowski and Peter Ciacia.</p>	<p>Peter Ciacia – New York Road Runners President, Events and TCS New York City Marathon Race Director Tim Hadzima – General Manager, Abbott World Marathon Majors Chris Miller – Abbott Divisional Vice President, Global Brand Strategy and Innovation Carey Pinkowski – Executive Race Director, Bank of America Chicago Marathon</p>
4 – 4:45 p.m.	<p>Insider tips: Preview the course</p> <p>On Sunday, October 11, Nike+ Pacers will commit their race to helping runners meet their goals. In this session, Tom Moran, a Nike+ Pacer and Chicago Marathon veteran, will walk you through the Marathon course and provide insights into what runners will experience on marathon Sunday.</p>	<p>Tom Moran – Nike+ Pacer, Bank of America Chicago Marathon</p>
5 – 5:45 p.m.	<p>My life on the run – Bart Yasso</p> <p>Runner's World Chief Running Officer Bart Yasso—the “mayor of running”—cheers on seemingly every runner across every finish line of every marathon. Join him as he shares lessons, wisdom, and insights learned from running in more than 1,000 races near and far. Experience firsthand not only how Yasso's training tips and practical advice make us all better runners, but also how his infectious spirit and love of life make us all better people.</p>	<p>Bart Yasso – Chief Running Officer, Runner's World</p>



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11 – 11:45 a.m.	<p>Training: How to get faster and go longer</p> <p>If you're looking to take your running to the next level, join our experts for advice on how to get the most out of your hard training sessions to the best ways to build a marathon training program to achieve a PR. If running faster and smarter is your ultimate goal, this session is for you.</p>	<p>Coach Budd Coates – Director of Training, Runner's World Blue Benadum, Chris Wehrman, Andrew Adelman - Nike+ Run Club Coaches Alexi Pappas - Athlete Matt Tegenkamp - Athlete</p>
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2 – 2:45 p.m.	<p>My life on the run – Bart Yasso</p> <p>Runner's World Chief Running Officer Bart Yasso—the “mayor of running”—cheers on seemingly every runner across every finish line of every marathon. Join him as he shares lessons, wisdom, and insights learned from running in more than 1,000 races near and far. Experience firsthand not only how Yasso's training tips and practical advice make us all better runners, but also how his infectious spirit and love of life make us all better people.</p>	<p>Bart Yasso - Chief Running Officer, Runner's World</p>
3 – 3:45 p.m.	<p>Going beyond: Running adventures across the globe</p> <p>Join Dean Karnazes as he shares his adventures from across the globe. Dean is an acclaimed endurance athlete and NY Times bestselling author and has pushed his body and mind to inconceivable limits. In this session Dean will share his many accomplishments and you can experience his unique ability to enthuse athletes of all abilities and backgrounds.</p>	<p>Dean Karnazes - Speaker, bestselling author, athlete and entrepreneur</p>
4 – 4:45 p.m.	<p>Molex: The impact of emerging technologies on athletic training and performance</p> <p>Technology has played a substantial role in advancing athletic performance for both professional and amateur athletes. This session delves into emerging technologies that promise to dramatically improve our understanding of human physiology and help us maximize training effectiveness, race day performance and overall health and fitness goals.</p>	<p>John M. Heitzinger, Ph.D - General Manager, Printed Electronics, Molex</p>

