



HEALTH
& FITNESS
EXPO

MAIN STAGE SCHEDULE

Thursday, October 5

Time	Session
1:00 p.m.	RACE DAY TIPS Coach Wehrman <i>Chicago Running Coach</i>
1:15 p.m.	KEEPING PACE ON RACE DAY Pace Team Leaders
1:30 p.m.	BECOMING A SUSTAINABLE RUNNER Tina Muir <i>Founder of Running for Real and Sustainability Advocate</i>
2:00 p.m.	NUTRITION NEEDS FOR ENDURANCE EXERCISE, PRESENTED BY GATORADE ENDURANCE Ryan Nuccio MS, RD, LDN <i>Associate Principal Scientist, Gatorade Sports Science Institute</i>
3:00 p.m.	STYLIN' OUT NETWORK BREAKERS
4:00 p.m.	45TH ANNIVERSARY PANEL Steve Jones , 1984 and 1985 Champion Toshihiko Seko , 1986 Champion Khalid Khannouchi , 1997, 1999, 2000 and 2002 Champion Constantina Dita , 2004 Champion Deena Kastor , 2005 Champion Amanda McGrory , 2007 2008 and 2010 Champion



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MAIN STAGE SCHEDULE

Friday, October 6

Time	Session
1:00 p.m.	RACE DAY TIPS Coach Wehrman <i>Chicago Running Coach</i>
1:15 p.m.	KEEPING PACE ON RACE DAY Pace Team Leaders
1:30 p.m.	1% BETTER, THE ROAD TO FULL POTENTIAL Chris Nikic <i>Team Nikic Inc. Owner</i>
2:00 p.m.	TIPS AND TRICKS TO BALANCE TRAVEL AND TRAINING, PRESENTED BY ABBOTT WORLD MARATHON MAJORS Joe Holder <i>Founder of the Ocho System and Nike Trainer + Run Coach</i> Jennifer Connell <i>VP and Global Brand Leader, Premium Distinctive & Collections Brands Marriott</i> Chris Chavez <i>CITIUS Mag Founder and Podcaster</i>
3:00 p.m.	I AM UNSTOPPABLE, PRESENTED BY ABBOTT Tom Eller <i>World's first deaf born Abbott World Marathon Major Six Star medal finisher</i> Ryan Patena <i>Abbott Commercial IT consultant, multi-time marathoner who manages living with type 1 diabetes</i> Daniel Romanchuk <i>Elite wheelchair athlete and 2018, 2019 and 2021 Bank of America Chicago Marathon Champion</i>
4:00 p.m.	RUNNING WHILE INJURED: WHEN TO STOP AND WHAT TO DO, PRESENTED BY ATHLETICO Marissa Wright PT, DPT, ASTYM-cert, FMS, CAFS, <i>CMTPT Clinical Manager, Physical Therapist</i>



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MAIN STAGE SCHEDULE

Saturday, October 7

Time	Session
12:00 p.m.	RACE DAY TIPS Coach Wehrman <i>Chicago Running Coach</i>
12:15 p.m.	KEEPING PACE ON RACE DAY Pace Team Leaders
12:30 p.m.	QUEER INCLUSION: WHY IT MATTERS Jake Fedorowski <i>Non-Binary Inclusion Advocate & Executive Director of Queer Running Society</i>
1:00 p.m.	LAST MINUTE TIPS ON NUTRITION AND PACING, PRESENTED BY ADVOCATE HEALTH CARE Dr. Phillip Skiba <i>Medical Director, Sports and MSK Medicine, Advocate Medical Group</i>
2:00 p.m.	FUELING FOR MY UNIQUE BODY Meghann Featherstun MS RD CSSD <i>Sports Dietitian</i> Pam Nisevich Bede MS, RD, LD <i>Abbott Medical Affairs</i> Valentijn Trouw <i>Performance Director NN Running Team</i>
3:00 p.m.	MUSCLE AND JOINT RELIEF FROM BIOFREEZE Julia Khvasechko MS, LMT, RYT, HHPC Dr. Corissa Keefner, DPT, RDN <i>Owner, My Body Mechanic LLC</i>
4:00 p.m.	BUILDING A CHAMPION MINDSET: RESILIENCE, OPTIMISM, DEDICATION Mecayla Froerer <i>Head of Global Fitness Programming, & Talent, iFIT</i> Casey Gilbert <i>iFIT Trainer</i>