



John Hancock
the future is yours

RUNNER'S SEMINAR SERIES

Hynes Convention Center, Boston, MA
Room #200

Presented by: UNIVERSAL SPORTS

Sponsored by: RUNNER'S WORLD

Produced by: Conventures
Booth # 2034

FRIDAY, APRIL 15, 2011

FREE ADMISSION

- 2:15 pm – 2:45 pm **Chi Running: The 5 Habits of Highly Efficient Runners**
Danny Dreyer, Chi Living
- 3:00 pm – 3:45 pm **Running on Empty**
Marshall Ulrich, Team Injinji, Extreme Endurance Athlete
- 4:00 pm – 4:45 pm **How to Run Your Best Boston**
Mark Remy, Amby Burfoot, Warren Greene, Jen Van Allen & Tish Hamilton, Runner's World Magazine
- 5:00 pm – 5:45 pm **Stretch and Prepare: Yoga for Your Best Boston**
Rebecca Pacheco, lululemon

SATURDAY, APRIL 16, 2011

FREE ADMISSION

- 10:00 am – 10:45 am **The Runner's Diet: Natural Ways to Manage Pain**
Tara Mardigan, MS, MPH, RD, Nutritionist to the Boston Red Sox
- 11:00 am – 11:45 am **Fighting Childhood Obesity in America**
Tedy Bruschi, Former New England Patriot, President's Council on Fitness, Sports & Nutrition
- 12:00 pm – 12:45 pm **Boston Marathon Course Review and Mental Preparation**
Dave McGillivray, Race Director, Boston Marathon
Josh Nemzer, Course Coordinator, Boston Marathon
- 1:00 pm – 1:45 pm **How to Run Your Best Boston**
Mark Remy, Amby Burfoot, Warren Greene, Jen Van Allen & Tish Hamilton, Runner's World Magazine
- 2:00 pm – 2:45 pm **Yes You Can! Inspiration with Team Hoyt**
Dick & Rick Hoyt, Sponsored by John Hancock Financial Services
- 3:00 pm – 3:45 pm **Runner's World: My Life on the Run**
Bart Yasso, Runner's World Magazine

- 4:00 pm – 4:45 pm **Runner's World: The Long Run**
Matt Long & Charlie Butler, Runner's World Magazine
- 5:00 pm – 5:45 pm **Stretch and Prepare: Yoga for Your Best Boston**
Rebecca Pacheco, lululemon

SUNDAY, APRIL 17, 2011

FREE ADMISSION

- 10:00 am – 10:45 am **How Yoga Can Take Your Running to the Next Level: A New PR, Injury Free**
Angie Stewart-Goka, lululemon
- 11:00 am – 11:45 am **"Ignore the Impossible" 52 Marathons in 52 Weeks**
Dane Rauschenberg, Extreme Athlete, Author, Speaker
- 12:00 pm – 12:45 pm **Last Minute Nutrition Tips for Marathoners**
Nancy Clark, MS, RD, CSSD, Author of *Food Guide for Marathoners*, *Sports Nutrition Guidebook*, *Food Guide for New Runners*
- 1:00 pm – 1:45 pm **How to Run Your Best Boston**
Mark Remy, Amby Burfoot, Warren Greene, Jen Van Allen & Tish Hamilton, Runner's World Magazine
- 2:00 pm – 2:45 pm **Runner's World: Legends Panel**
Greg Meyer, Jack Fultz, Kathrine Switzer, Dick Beardsley, Lorraine Moller, Amby Burfoot & Dave McGillivray, Runner's World Magazine
- 3:00 pm – 3:45 pm **Boston Marathon Course Review and Mental Preparation**
Josh Nemzer, Course Coordinator, Boston Marathon
- 4:00 pm – 4:45 pm **Running on Empty**
Marshall Ulrich, Team Injinji, Extreme Endurance Athlete
- 5:00 pm – 5:45 pm **Stretch and Prepare: Yoga for Your Best Boston**
Angie Stewart-Goka, lululemon

* Schedule may be subject to change.

**Capacity is limited and will be based on first come, first served basis so arrive early to guarantee a seat!