

**FREE
ADMISSION**



John Hancock
the future is yours

RUNNER'S SEMINAR SERIES

Hynes Convention Center, Boston, MA
Room #200

Presented by:



Produced by:



SATURDAY, APRIL 17th

10:00 am – 10:45 am *ChiRunning & Gait Analysis: Run Faster, Easier, Injury-Free!*

Vince Vaccaro, Certified Master ChiRunning Instructor
William Hartford, Owner of South Boston Running Emporium

11:00 am – 11:45 am *The Runner's Brain: 7 Mental Strategies for Running Boston*

Jeff Brown, Psy.D., ABPP, Psychologist, Boston Marathon Medical Team, McLean Hospital and Harvard Medical School

12:00 pm – 12:45 pm *Panel: Preparing Nutritionally, Mentally and Physically*

Mary Kate Keyes, MS, RD, LDN, Dr. Jeff Brown, Dr. Joe Arnould
Moderator: Fred Treseler, Running Industry Expert / President, TRACS, Inc.

1:00 pm – 1:45 pm *Boston Marathon Course Review*

Dave McGillivray, Race Director, Boston Marathon
Josh Nemzer, Course Coordinator, Boston Marathon

2:00 pm – 2:45 pm *"Yes You Can!" Inspiration with Team Hoyt*

Dick and Rick Hoyt

3:00 pm - 3:45 pm *Panel: Boston Marathon Greats*

Bill Rodgers, Greg Meyer, Coach Bill Squires, Toni Reavis and Fred Treseler
Sponsored by John Hancock Financial Services
Moderator: Larry Rawson, Track & Field Analyst

4:00 pm – 4:45 pm *How Watching the Pros Can Make You a Better Runner
Covering the Marathon as a Broadcaster*

UNIVERSAL SPORTS

5:00 pm – 5:45 pm *Stretch and Prepare: Yoga for Your Best Boston*

David Vendetti, Co-Owner of South Boston Yoga Studio

SUNDAY, APRIL 18th

10:00 am – 10:45 am *Importance of Strength Training for Marathoners*

Ali Winslow MS, USAT Level 2
Vic Brown, MS, CSCS, NSCA-CPT, ATC, USAT Level 1
Coaches, Boston Performance Coaching

11:00 am – 11:45 am *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*

12:00 pm – 12:45 pm *Panel: Preparing Nutritionally, Mentally and Physically*

Leslie Bonci, MPH, RD, CSSD, LDN, Dr. Jeff Brown, Dr. Joe Arnould

1:00 pm – 1:45 pm *Boston Marathon Course Review*

Josh Nemzer, Course Coordinator, Boston Marathon

2:00 pm – 2:45 pm *Overcoming Adversity*

Joe Andruzzi, President, Joe Andruzzi Foundation, Former NFL Player

3:00 pm - 3:45 pm *2500th Anniversary of the Battle of Marathon*

Dimitri Kyriakides, Son of 1946 Boston Marathon Winner
Stylianios Kyriakides
Tim Kilduff, President of the Hopkinton Athletic Association

4:00 pm – 4:45 pm *Stretch and Prepare: Yoga for Your Best Boston*

David Vendetti, Co-Owner of South Boston Yoga Studio

5:00 pm – 5:45 pm *Healthy Feet - Foot Biomechanics by Acadia Orthotics*

Roger Park, CO

* 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!