

# RUNNER'S<sup>®</sup> WORLD

## seminar + film series

JOHN HANCOCK  
SPORTS & FITNESS EXPO  
HYNES CONVENTION CENTER  
ROOM 200

### FRIDAY

2:30-3:00

#### Born to Run

A short take from this documentary following the personal stories of six of America's best distance runners over nine months of intense training and world-class competitions. Starring Ryan Hall.

3:00-3:45

#### Science of the Run

In this companion to the documentary **Running the Sahara**, team members Charlie Engle, Ray Zahab, and Kevin Lin first head to the lab to figure out the optimal game plan for their historic run.

4:00-4:30

#### My Life On the Run: Bart Yasso

With insight and humor, Bart chronicles the heat-stroke and frostbite, heartache and triumphs he's experienced while competing in more than 1,000 competitive races during his 30 years of running and 22 years with Runner's World.

5:00-5:30

#### How to Run Your Best Boston: Tips from the Runner's World Editors

Featuring Editor-at-Large Amby Burfoot, Brand Editor and Gear Guy Warren Greene, Senior Editor Jennifer Van Allen, as well as Race Officials Dave McGillivray and Josh Nemzer.

5:30-7:00

#### Beyond the Epic Run

Travel with Serge and Nichole Roetheli as they leave their home in Switzerland to run around the world. Through footage they shot themselves and excerpts from Nicole's personal diary, we get an intimate look inside their incredible journey.



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### SATURDAY

9:30-10:00

#### Born to Run

A short take from this documentary following the personal stories of six of America's best distance runners over nine months of intense training and world-class competitions. Starring Ryan Hall.

10:00-10:45

#### The Marathon: The Final 24 Hours with Josh Cox

Follow along as elite marathoner Josh Cox takes you through the final day leading up to the Boston Marathon.

11:00-11:45

#### Science of the Run

In this companion to the documentary **Running the Sahara**, team members Charlie Engle, Ray Zahab, and Kevin Lin first head to the lab to figure out the optimal game plan for their historic run.

12:00-1:00

#### Team Hoyt

"Everybody should be included in everyday life."  
Dick and Ricky Hoyt, the father-son team who finished 26 Boston Marathons together and more than 1,000 races have made tremendous strides for those living with disabilities.



1:00-2:00

#### Boston Legends

Featuring Amby Burfoot, 1968 winner; Jack Fultz, 1976 winner; Greg Meyer, 1983 winner; Kathrine Switzer; and Dick Beardsley.

2:30-3:15

#### How to Run Your Best Boston: Tips from the Runner's World Editors

Featuring Editor-at-Large Amby Burfoot, Brand Editor and Gear Guy Warren Greene, Senior Editor Jennifer Van Allen, as well as Race Officials Dave McGillivray and Josh Nemzer.

3:30-4:15

#### My Life On the Run: Bart Yasso

With insight and humor, Bart chronicles the heat-stroke and frostbite, heartache and triumphs he's experienced while competing in more than 1,000 competitive races during his 30 years of running and 22 years with Runner's World.

4:30-6:00

#### Beyond the Epic Run

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### SUNDAY

9:30-10:00

#### Born to Run

A short take from this documentary following the personal stories of six of America's best distance runners over nine months of intense training and world-class competitions. Starring Ryan Hall

10:00-10:45

#### Boston Real Runners

With Runner's World Editor-in-Chief David Willey.

11:00-11:45

#### Duel in the Sun

With Dick Beardsley.

12:00-12:45

#### My Life On the Run: Bart Yasso

With insight and humor, Bart chronicles the heat-stroke and frostbite, heartache and triumphs he's experienced while competing in more than 1,000 competitive races during his 30 years of running and 22 years with Runner's World.

1:00-1:30

#### Your Mental Marathon

Seven brain strategies for successful runners with licensed Psychologist Jeffrey Brown.

1:30-2:15

#### How to Run Your Best Boston: Tips from the Runner's World Editors

Featuring Editor-at-Large Amby Burfoot, Brand Editor and Gear Guy Warren Greene, Senior Editor Jennifer Van Allen, as well as Race Officials Dave McGillivray and Josh Nemzer.

2:30-3:15

#### Science of the Run

This companion to the documentary Running the Sahara, team members Charlie Engle, Ray Zahab, and Kevin Lin first head to the lab to figure out the optimal game plan for their historic run.

3:30-4:00

#### How and Why Humans Evolved to Run Marathons

With Daniel Lieberman.

4:00-5:30

#### Beyond the Epic Run

Travel with Serge and Nichole Roetheli as they leave their home in Switzerland to run around the world. Through footage they shot themselves and excerpts from Nicole's personal diary, we get an intimate look inside their incredible journey.



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