

EXPO LECTURES

(Held in the Pavilion Ballroom West – Plaza Level; No Admission Charge)

Saturday, October 4, 2008

11 A.M.-11:30 A.M.

How to Run your Best Marathon

- **Bart Yasso** – Runner’s World CRO (Chief Running Officer) has run marathons on all seven continents; inventor of the Yasso 800’s and inducted in the Running USA Hall of Champions; author of *My Life on the Run*.

12 NOON

Where Do I Go from Here? Maintaining Post Marathon Fitness

- **Judy Heller** – Founder, Wonders of Walking; owner EroFit & Associates; former walk coach for *Team Diabetes* marathon training program; walk/run coach for National Arthritis Foundation’s *Joints in Motion*.

1 P.M.

10 Ways to Make This Marathon Your Best Experience

1:30 P.M.

Quick Recovery, Motivation and Nutrition Tips

- **Jeff Galloway** – 1972 running Olympian; designer of the walk-run, low mileage marathon training program has coached over 250,000 runners to their goals; *Runner’s World Magazine* columnist; author of *Galloway’s Book on Running, Marathon!*, Galloway Training Programs, *Running Until You’re 100*; co-author with wife Barbara of *Women’s Complete Guide to Running* and *Women’s Complete Guide to Fat-Burning*.

2 P.M. – 2:30 P.M.

How to Run your Best Marathon

- **Bart Yasso**

3 P.M.

10 Ways to Make This Marathon Your Best Experience

3:30 P.M.

Quick Recovery, Motivation and Nutrition Tips

- **Jeff Galloway**

4:00 P.M.

“My Experiences preparing for and walking my first Portland Marathon in 2006 as an overweight, 45-year old non-athletic couch potato.”

Frank, fresh and funny, Sheilagh leaves nothing out—every topic is fair game.

- Sheilagh Conklin is the author of *Learning to Walk: From the Sofa to a Marathon in Nine Months*. Now, at 47, Sheilagh’s attempting to complete her second Portland Marathon on Sunday. She lives in the Seattle area with her husband and three children.