

# EXPO LECTURES

(Held in Broadway 1 & 2 – Plaza Level; No Admission Charge)

Saturday, October 3, 2009

## **1 p.m.**

How to Keep Improving—after Tomorrow's Race

## **2 p.m.**

How to Run Faster without Training—Tomorrow

## **3 p.m.**

How to Stay Injury Free

Presented by 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.