

EXPO LECTURES

(Held in Broadway 1, 2, 3 – Plaza Level; No Admission Charge)

Friday, October 7, 2011

4 p.m. *Running Your Best Race & Celebrating Afterward*

6 p.m. *Running Injury Free Until You're 100*

Presented by Jeff Galloway

Olympian **Jeff Galloway** ran with Steve Prefontaine, Bill Rodgers, Frank Shorter, and Amby Burfoot when the USA was a leading power in marathoning. He has become the nation's leading running advisor having coached over a million runners to their goals through Galloway Training programs, beach and Tahoe retreats/run schools, books, and ecoaching. He has a monthly page in the world's leading running publication *Runner's World*. Through several unique training elements, his method has reduced injury risk, aches, and pains to almost zero. He wants you to enjoy running until you're 100 which is the title of his recent popular book. You can sign up for his free newsletter at www.JeffGalloway.com.

Saturday, October 8, 2011

2 p.m. *Last Minute Tips: Pacing, Eating, Drinking and Motivation*

3 p.m. *The Secrets of Staying Motivated*

Presented by Jeff Galloway

4 p.m. *"The Legends of Running" -- Stories About the Heritage of Running in the USA; followed by Questions*

Presented by Jeff Galloway, Frank Shorter and Bill Rodgers

Frank Shorter's Gold Medal victory in the 1972 Olympic Marathon in Munich is considered by many to be a major factor in the evolution of the "Running Boom" in America in the 1970's. Four years later he came back to win an Olympic Silver Medal in the same event in the Montreal Olympics. Rather than retire and seek a career elsewhere he chose to literally keep running and stay active in many areas involved with his sport. He became a commentator for Olympic telecasts, established his own line of running apparel, conceptualized the Amateur Trust Fund that opened up all amateur sport to prize money and helped establish the United States Anti Doping Agency (USADA), serving as the founding Chairman. He is currently immersed in the battle against child abuse.

World famous marathon runner **Bill Rodgers** is best known for his victories in the Boston Marathon and the New York City Marathon in the late 1970's. Rodgers won both races four times each between 1975 and 1980, twice breaking the American record at Boston. In 1977 he won the Fukuoka Marathon, making him the only runner ever to hold the championship of all three major marathons at the same time. He was a member of the US Olympic Marathon Team in 1976, and has run about 60 marathons and won 22; 28 of them were run under 2:15. He is the co-author of *The Complete Idiots Guide to Running* and has owned and operated with his brother the Bill Rodgers Running Center in Boston since 1977.

