**Stage Schedule**

Located in Hall B3

**Friday, Jan. 12**

**11:30 AM**

10 Things to Know About a Successful Race at Any Distance

Robert Key

**2:30 PM**

The Houston Marathon: 100 Years of Stories

Ed Robisky

**3:00 PM**

Human Injury Prevention: How to Avoid Common Foot & Ankle Injuries

Jamie Aparicio, PT, DPT, SCS, CSSC, USAW Ath & Expo

**3:30 PM**

Exploring Houston: Before, During & After the Race

Anastasia Hansen | ItsNotHouItsMe.com

**4:00 PM**

Pre-Race Marathon

Taylor Barnes | Memorial Hermann

**4:30 PM**

26.2 Miles and a Baby - The Stroller World Record

Calum Neff

**5:30 PM**

Climbing Your Own Mountain

Lindsay McCollum | Chevrolet Houston Marathon Ambassador

**6:00 PM**

Brett Singer and Volunteering

Brett Singer

**7:00 PM**

The Houston Marathon: A Day in the Life of a Volunteer Leader

Blaine Schmidt | Memorial Hermann and Athlete Training & Health

**7:30 PM**

Volunteer Training

Volunteers

**8:00 PM**

Runcoach....Runcoach" has gained an even deeper appreciation and love for the people she has
treated. In 1993, after withstanding the pull of two U.S. Air Force T-34
propeller aircraft, Dennis Rogers found his calling in strongman. For over 20
years, he has been a Grandmaster Strongman, and his feats have been featured
in national and international media. Rogers continues to inspire and encourage
countless lives.

**9:00 PM**

Stories From Houston's Favorite Trail

Stacy Holder | People of Memorial Park

**10:00 PM**

Exploring Houston: Before, During & After the Race

Anastasia Hansen | ItsNotHouItsMe.com

**10:30 PM**

Houston Marathon: A Day in the Life of a Volunteer Leader

Blaine Schmidt | Memorial Hermann and Athlete Training & Health

**11:00 PM**

The Houston Marathon: A Day in the Life of a Volunteer Leader

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**11:30 PM**

The Houston Marathon: A Day in the Life of a Volunteer Leader

Blaine Schmidt | Memorial Hermann and Athlete Training & Health

**Saturday, Jan. 13**

**12:30 PM**

Pre-Race Nutrition

Brett Singer MS, RD, CSSD, LD | Memorial Hermann

**1:00 PM**

Hands-Only CPR

Tracy Kilgore | Basic Guards

**1:30 PM**

Memorial Hermann and Athlete Training & Health

Ashley Bowers | Research

**2:00 PM**

Grandmother Struggles Dennis Rogers

Dennis Rogers

**2:30 PM**

Meet The Athlete With Disabilities Field

Beverly Tate | Human Performance Committee, Inc.