

## Houston Marathon Health & Fitness EXPO presented by Texas Children's Hospital and Houston Methodist Speaker Schedule

**Friday, January 18, 2019**

Time	Speaker	Affiliation	Topic
11:30 - 12:00	Robert Key		Strategies for Successful Race
12:00 - 12:30	Marcus Cook		Use My Finish Line as your Starting Line
12:30 - 1:00	Lindsey McClelland	Houston Marathon Ambassador	Yoga for Runners
1:00 - 1:30	Bed Gear/Calum Neff		
1:30 - 2:00	Arland Macasieb	Tao Tri Multi-Sport	Basic Running Form and Technique
2:00 - 2:30	Bernie Tretta	Houston Marathon Athletes with Disabilities Program	Meet the Athletes with Disabilities Field
2:30 - 3:00	Lindsey McClelland	Houston Marathon Ambassador	Yoga for Runners
3:00 - 3:30	Suzanne Dougherty		Runner Safety 911
3:30 - 4:00	June Harris	Houston Area Road Runners Association	The Importance of HARRA Membership
4:00 - 4:30	Haley Poinsette	Camp Gladiator	Benefits of Cross Training for Runners
4:30 - 5:00	Calum Neff	Space City Racing	Space City Racing Athlete Panel - Meet Houston's Newest Elite Team

**Saturday, January 19, 2019**

Time	Speaker	Affiliation	Topic
10:00 - 10:30	Haley Poinsette	Camp Gladiator	Benefits of Cross Training for Runners
10:30 - 11:00	Kevin Kline	Snowdrop Foundation	Delivering Hope
11:00 - 11:30	Turtles/Sweepers		Meet the Turtles/Course Sweepers
11:30 - 12:00	Skechers Performance Pace Team		Skechers Performance Pace Team
12:00 - 12:30	Robert Key		Strategies for Successful Race
12:30 - 1:00	Lindsey McClelland	Houston Marathon Ambassador	Yoga for Runners
1:00 - 1:30	Lorry Chestnutt	Houston Insider	Things to Do in Houston
1:30 - 2:00	Joseph Chorley	Texas Children's Hospital Primary Care Sports Medicine	Kids and the Marathon
2:00 - 2:30	Dennis Rogers	High Performance Fitness	Grandmaster Strongman Dennis Rogers
2:30 - 3:00	Tom Holland		How to Use Self-Talk to Improve Your Race
3:00 - 3:30	June Harris	Houston Area Road Runners Association	The Importance of HARRA Membership
3:30 - 4:00	Hiruni Wijayaratne	Runcoach Training Program	Final Race Tips