

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

Speaker Schedule

Friday, January 17, 2020

Time	Speaker	Affiliation	Topic
11:30 - 12:00			
12:00 - 12:30	Catherine Kruppa, MS, RD, CSSD, LD and Starla Garcia, M.Ed, RD, LD		Peak Performance Nutrition
12:30 - 1:00	Chelcie Smith	Revolution Studios	Yoga for Runners
1:00 - 1:30	Robert Key	Snow Drop Foundation	
1:30 - 2:00	Pace Team		Houston Marathon Pace Team
2:00 - 2:30	Bernie Tretta	Houston Marathon Athletes with Disabilities Program	Meet the Athletes with Disabilities Field
2:30 - 3:00	June Harris	Houston Area Road Runners Association	The Importance of HARRA Membership
3:00 - 3:30			
3:30 - 4:00	Melanie Battaglia, MS, RD, LD	IRONMAN Sports Medicine Institute	Pre/Post-Race Nutrition
4:00 - 5:00	Rambling Runner Podcast		Rambling Runner hosts Molly Huddle & Alexi Pappas

Saturday, January 18, 2020

Time	Speaker	Affiliation	Topic
10:00 - 11:00	Matt Chittim & Jared Ward	Rambling Runner Podcast	Preparing for a Goal Race
11:00 - 12:00	Allie Kiefer	Oiselle	Pacing the Elite Field / Professional Race Day Tactics
12:00 - 12:30	Hiruni Wijayarathne	RunCoach	Final Race Tips
12:30 - 1:00	Melanie Battaglia, MS, RD, LD	IRONMAN Sports Medicine Institute	Pre/Post-Race Nutrition
1:00 - 1:30	Calum Neff	Last Runner Starting	
1:30 - 2:00	Timothy Goldsack	RunRCCG, LLC	Mental Preparation for and on Race Day
2:00 - 2:30	Chelcie Smith	Revolutions Studios	Yoga for Runners
2:30 - 3:00	Rich Rad	KPFT Radio	Live Radio Broadcast
3:00 - 3:30	June Harris	Houston Area Road Runners Association	The Importance of HARRA Membership
3:30 - 4:00	Turtles/Sweepers		Meet the Turtles/Course Sweepers