

FOR IMMEDIATE RELEASE
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BIG SUR
INTERNATIONAL MARATHON

Big Sur Marathon's Health & Fitness Expo Open to All

Free race clinics, official merchandise, and more!

The two-day Health & Fitness Expo, an integral part of the Big Sur International Marathon weekend, will be held in the Monterey Conference Center adjacent to the Portola Plaza Hotel & Spa on Friday and Saturday, April 26 and 27.

All runners are required to attend the Expo to receive their race bib, runner shirt and bus transportation information and tickets. Pasta and post-race party tickets are also available for pick up or sale at the Expo. The Expo is free of charge and draws nearly 20,000 marathon runners, walkers, supporters and local Monterey-area residents. All are welcome to peruse sponsor and exhibitor booths, attend free race clinics, and shop the official BSIM merchandise store. Hours are Friday, April 26 from noon to 6 p.m. and Saturday, April 27 from 9:30 a.m. to 6 p.m.

Free Marathon Weekend Race Clinics (Monterey Conference Center, second floor next to bib pick-up) Saturday, April 27

- **10 AM & 4 PM:** Marathon Relay Tips & Info: For relay team captains and members
- **11 AM:** Gary Dudney: Leveraging Your Big Sur Fitness into Great Adventures
- **12 Noon:** Fitz Koehler, Strength Training for Runners
- **1 PM:** Olympian Memories and tips for your race with local Olympic runners Blake Russell, Steve Scott, Nelly Wright, and Maria Trujillo
- **2 PM:** Tips for Race Day and Running the Big Sur Course with Grizzled Vets, past winners Michael Wardian and Adam Roach, "every day runner" Tom Foreman, and power walker Lee Scott
- **3 PM:** Peter Sagal, author of "The Incomplete Runner" and host of National Public Radio's "Wait Wait...Don't Tell Me!" Moderated by CNN correspondent and author Tom Foreman

Boston 2 Big Sur Meet Up

Custom House Plaza next to the Monterey Conference Center, Saturday at 4 PM

Meet B2B record holder Michael Wardian and hundreds of other Boston 2 Big Sur runners, swap stories about your Boston experience, and enjoy a free group photograph from MarathonFoto. The outdoor Custom House Plaza area is a perfect place to relax and visit and is just outside the Monterey Conference Center near Fisherman's Wharf.

For more information, contact info@bsim.org or 831-625-6226.