

2022 BIG SUR MARATHON CLINIC SCHEDULE

Health & Fitness Expo:

Friday, April 22nd - 12pm-6pm

Saturday, April 23rd - 9:30am-6pm

Saturday, April 23rd:

10 a.m. Relay Clinic with Ben Balester

Important tips and information for those running the four-person Marathon Relay. Repeated at 4:30 p.m.

11 a.m. Denise Sauriol, "When Your Best IS ENOUGH"

Author of "Me, You and 26.2-Coach Denise's Guide to Get YOU to YOUR First Marathon." Known as "The Marathon Whisperer," Denise has finished more than 125 marathons including on all seven continents over the last 28 years and has been coaching runners of all abilities for a dozen years. Book signing after the talk outside the speaker room.

12 Noon Fitz Koehler, "My Noisy Cancer Comeback"

Race announcer, fitness innovator, keynote speaker, and podcaster Fitz Koehler shares her story overcoming breast cancer with her unique brand of humor and honest, raw experiences. Fitz has been a crowd favorite at Big Sur for years. She will have a book signing of "My Noisy Cancer Comeback" after her talk

1 p.m. Tips on Running the Big Sur Course

A panel discussion with several "Grizzled Vets" who have run all previous Big Sur Marathons as well as five-time champion Adam Roach. They will share tips for runners of all abilities about how to have their best race on the challenging and scenic Big Sur course. *Moderated by Bob Utley; panelists are Steve Paski, Donna Troyna, and Adam Roach*

2 p.m. Women at the Front

Two professional runners, moms, and business executives talk about the state of women's running and what motivates and inspires them to chase big goals. *Moderated by Doug Thurston, Big Sur Marathon Race Director and former journalist.*

- Magdalena Boulet is the president of GU Energy Labs, a 2008 U.S. Olympic marathoner, and past champion of the Big Sur Marathon and many other races including the Western States 100-Miler
- Stephanie Bruce is a member of the Hoka Northern Arizona Elite team, co-owner of Picky Bars, and in her "Grit Finale 2022," her final year of professional. She is scheduled to run the Boston Marathon on April 18.

3 p.m. Jocelyn Rivas, Overcoming Obstacles, Breaking Records

Jocelyn is known as “The Warrior” and broke the Guinness World Record for the youngest woman to finish 100 marathons last November. Based in Southern California and a DACA immigrant from El Salvador, she has an inspiring story of overcoming childhood physical issues, discovering marathon running as a teenager, and scrambling to find official marathons during the pandemic to break the record. *Moderated by Erin Clark, anchor and reporter for KSBW news.*

4 p.m. VIP and Boston 2 Big Sur Meet-Up

A brief meet-up with entrants in our VIP and Boston 2 Big Sur divisions with coach Ben Rosario and other special guests.

Note that there is a special clinic for entrants in our Marathon Relay at 10 a.m. and repeated again at 4:30 p.m. to go through the logistics of this race.

4:30 p.m. Relay Clinic with Ben Balester

Important tips and information for those running the four-person Marathon Relay. A repeat of the 10 a.m. clinic.