



BIG SUR

INTERNATIONAL MARATHON

CLINIC SCHEDULE

9:30 a.m. Expo Opens

10:00 a.m. **Maria Bellumori, PhD, CSUMB Kinesiology**

A discussion about injury, body movement, and health from Maria Bellumori, PhD and long-time runner. Maria Bellumori is a professor in Kinesiology at CSUMB with a doctorate in Biomechanics and Motor Control. She has almost 25 years of running experience starting with XC and hurdles in track & field in high school and transitioning to ultra distance running during graduate school. She has run all distances from 5K up to 50 miles and is planning her first 100K this year. She also has ample experience with the do's and don'ts of running as they relate to training, strength and flexibility, cross training, nutrition, and the impact on mental health.

11:00 a.m. **Too Legit Fitness and Community Building with Bertrand Newson**

Motivational speaker and coach, Bertrand Newson of Team Too Legit Fitness shares how he took a running group and built it to over 800 runners strong! Learn how leadership, inclusivity, and inspiration are the heart and soul (sole?) of Coach B's approach to building a happy and healthy community of runners.

12:00 p.m. **Strength Training for Runners with Fitz Koehler, MESS**

Race announcer, fitness innovator, keynote speaker, and podcaster shares how to run further, faster and pain free! Learn a runner-specific training program which has been proven to increase speed while decreasing pain and recuperation time. 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.

1:00 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 include Steve Radigan and Adam Roach.*

2:30 p.m. **Magda Boulet, Olympian and President of GU Energy**

A question and answer session with Magdalena Boulet, 2008 Olympian and current President of GU Energy. Topics will include her athletic and professional history, current goals, thoughts on state of the sport, and the important progress women have made in both running and industry.

3:30 p.m. **The Marathon; the Early Years with Hugo J. Ferlito, DDS**

Story-telling followed by question and answer with Hugo Ferlito whose accolades include: Thirty-Three time finisher, BSIM 1986-2018 Four-Time Finisher, Coeur d'Alene Ironman Chairman, Collaboration & Partnership Committee, BSMF Awards/ Clinic Director, BSIM.

4:00 p.m. **Relay Clinic with Ingrid Aquino**

Important tips and information for those running the four-person Marathon Relay.

6:00 p.m. Expo Closes