



BIG SUR

INTERNATIONAL MARATHON

CLINIC SCHEDULE

9:30 a.m. Expo Opens

11:00 a.m. Turning negative into positive — how you use positivity and mindset to persevere and keep going with Hellah Sidibe

Hellah Sidibe is a runner, speaker, and positive influencer. Hellah made a name for himself in the running world when he started sharing his run streak journey on YouTube in 2017. Through showcasing his run streak updates, daily post run motivation, and “no matter the circumstances” mindset, Hellah has cultivated a community just as dedicated and inspiring.

Throughout his almost 7 year run streak of running every day, he’s taken on additional run challenges including a run across America from LA to NYC, the Leadville 100, and the Western States 100. Hellah continues sharing his journey, love for running, and positive outlook through social media in hopes to help others find that same love for running.

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

Race announcer, fitness innovator, keynote speaker, and podcaster share 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. The importance of the marathon in the Olympics and a look at the history of the BSIM with Hugo J. Ferlito, DDS

Hugo Ferlito 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

1:30 p.m. Tips on Running the Big Sur Course with Bob Utley

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. A must for first-time participants and those looking for solid advice.

Moderated by Bob Utley; panelists are Adam Roach, Men’s 5x Winner, Jake McGuire, Steve Radigan, Manny Ramirez, Mike Suchomel.

4:00 p.m. Relay Clinic with Ben Balester

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

6:00 p.m. Expo Closes