



BIG SUR

INTERNATIONAL MARATHON

CLINIC SCHEDULE

9:30 a.m. Expo Opens

11:00 a.m. Turning Negative into Positive with Hellah Sidibe

Hellah Sidibe, a renowned runner, speaker, and positive influencer, gained fame by documenting his run streak on YouTube since 2017. With daily motivational posts and an unwavering mindset, he has built a dedicated and inspiring community. Beyond his impressive seven-year run streak, Hellah has tackled challenges like running across America from LA to NYC and competing in the Leadville 100 and Western States 100. Through social media, he spreads his love for running and a positive outlook, aiming to inspire others on their own journey.

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

Renowned race announcer, fitness innovator, and keynote speaker and podcaster Fitz unveils insider tips for running longer, faster, and injury-free! Learn a runner-specific training program for speed gains and quicker recovery. Post-event, meet Fitz for a book signing of "My Noisy Cancer Comeback."

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's accolades include being a thirty-three-time BSIM finisher (1986-2018), a four-time Coeur d'Alene Ironman finisher, Chairmain of the BSMF Collaboration & Partnership Committee, and the BSIM Awards / Clinic Director

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

Join a panel of several BSIM "Grizzled Vets" and five-time champion Adam Roach for invaluable race tips at the Big Sur Marathon. Perfect for first-timers and seasoned runners alike, glean insights for conquering the challenging course and achieving your best race yet! *Moderated by Bob Utley; panelists are Adam Roach, Men's 5x Winner, Jake McGuire, Steve Radigan, Manny Ramirez, Mike Suchomel*

2:30 p.m. Race Fails and Fun with Big Sur Race Announcers Fitz and Rudy

Stop by for some laughs as Fitz Koehler and Rudy Novotny recount the hilarious moments when things didn't quite go as expected while running and announcing races.

3:00 p.m. Strategic Stretching and Pain Prevention for Runners with Fitz Koehler, MESS

Discover the secret to pain-free running by mastering the art of stretching and utilizing the right tools in a session led by Fitz, a fitness expert with a knack for simplifying vital training tactics. She will have a book signing of "My Noisy Cancer Comeback" after her talk.

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