

9:30 AM EXPO OPENS

10:00 AM LINDSEY HEIN ON FINISHING YOUR RACE WITH NO REGRETS

Top rated podcast host, race announcer and relatable voice in women's running, Lindsey Hein, takes runners through how to have fun during your journey and work hard at the same time. Lindsey is an RRCA coach as well as a coach for Every Mother Counts. She is also your Big Sur International Marathon race announcer!

11:00 AM 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: Thirty-Three-time finisher, BSIM 1986-2018, Four-Time Finisher, Coeur d'Alene Ironman, Past Chairman of the Board, and Big Sur Marathon Foundation Awards / Clinic Director

1:30 PM TIPS ON RUNNING THE BIG SUR COURSE

A panel discussion with several many-time-finishers. They will share tips for runners of all abilities about how to have their best race on the challenging and scenic Big Sur International Marathon course. A must for first-time participants and those looking for solid advice. **Moderated by Hugo Ferlito and Lindsey Hein; panelists are Adam Roach, Men's 5x Winner, Donna Troyna (37-time finisher), Kelly English (21-time finisher), and Tom Rolander (34-time finisher).**

2:30 PM WALKING, RUNNING, SPEED, STRENGTH, ENDURANCE: A FEMALE PERSPECTIVE ON LONG DISTANCE TRAINING WITH LEE SCOTT

Lee has been coaching power walking for fun, fitness, and marathons for 25 years. This year will be her 20th consecutive time on the course as a power walker. Lee is the co-author of *The Walking Solution: Get People Walking for Results* (Human Kinetics, 2020).

3:30 PM RUNNING AROUND THE WORLD IN 7 DAYS WITH BEN BALESTER

Join Ben Balester as he shares his journey from the Great World Race last fall, running on 7 continents in 7 days. Ben is a local runner and Big Sur Marathon Foundation committee member, having run the Big Sur Marathon and the Director's Run (where committee and board members run the course the weekend before the race) several times.

4:15 PM RELAY CLINIC WITH BEN BALESTER

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

6:00 PM EXPO CLOSES