



Speakers Bureau Schedule of Events*

FRIDAY, FEBRUARY 10

NOON-5:00 P.M.

Time	Speaker	Topic
Noon-12:30 p.m.	Meet the Pacers Courtesy of First Florida Credit Union	
12:30-1:15 p.m.	Jeff Galloway	How to Run Injury Free Until You Are 100
1:15-2:00 p.m.	Donna Deegan Jeff Galloway Dr. Edith Perez	Celebrating 5 Years with 26.2 with Donna
2:00-2:45 p.m.	Bill Rodgers	Running for a Lifetime
2:45-3:30 p.m.	110% Give Harder Foundation Jim Phillip, David Green, Kellie Smirnof	26.2 with Donna: 110M for 110K
3:30-4:15 p.m.	Jeff Galloway	How to Stay Motivated and Mentally Tough
4:15-4:45 p.m.	Kurtis Loftus	Marathon Surfer
4:45-5:00 p.m.	Meet the Pacers Courtesy of First Florida Credit Union	

SATURDAY, FEBRUARY 11

10:30 A.M.-6:00 P.M.

Time	Speaker	Topic
10:30-11:00 a.m.	Meet the Pacers Courtesy of First Florida Credit Union	
11:00-11:45 a.m.	Jeff Galloway	Running Faster without Training
11:45 a.m.-12:30 p.m.	Bart Yasso	Chief Running Officer, Runner's World
12:30-1:15 p.m.	Donna Deegan Jeff Galloway	Celebrating 5 Years with 26.2 with Donna
1:15-1:45 p.m.	Kurtis Loftus	Marathon Surfer
1:45-2:30 p.m.	Joan Benoit Samuelson	There is No Finish Line
2:30-3:15 p.m.	Hal Higdon	The Secret of Running
3:15-3:45 p.m.	Bill Rodgers	Running for a Lifetime
3:45-4:30 p.m.	Jeff Galloway	Eating, and Drinking Before and During the Race
4:30-5:15 p.m.	Gabe Pearson	Ageless Running: How to Turn Back the Clock on the Inside at Any Age
5:15-6:00 p.m.	Meet the Pacers Courtesy of First Florida Credit Union	

* Schedule subject to change. Please watch for signage at the Health & Fitness Expo presented by Eisai.