

26.2 with Donna Speakers Bureau

Friday, February 19, 2010

11:15 a.m.- 7 p.m.

11:15 a.m.- Noon How to Avoid “The Wall”: Strong to the Finish: Jeff Galloway, U.S. Olympian, Author, Inspirational Speaker, Training Director
Noon- 12:30 p.m. Start your own Galloway Breast Cancer Marathon Training Program

12:30- 1 p.m. Bill Rodgers, Four time New York City Marathon winner and setter of world masters records for 5K, 8K, 10K and 10 miles

1-1:45 p.m. Through Rose Colored Glasses: Donna Deegan, Journalist, Marathoner and Breast Cancer Survivor. Founder of the Donna Foundation and the 26.2 with Donna National Marathon to Finish Breast Cancer

1:45 – 2:15 p.m. Running or Walking Until You’re 100: Jeff Galloway, U.S. Olympian, Author, Inspirational Speaker, Training Director

2:15- 2:45 p.m. Runner’s Injuries: Daniel P. Montero, M.D., Senior Associate Consultant - Department of Family Medicine, Mayo Clinic Florida, Instructor of Orthopedics - College of Medicine, Mayo Clinic

2:45- 3:45 p.m. In The Mood Again - Healthy Sexuality: Genie James, M.M.Sc, Nationally acknowledged as a trailblazer in women’s health services with a Masters of Medical Science from Emory University and Ph.D. studies at University of Tennessee, Genie spent more than twenty years championing holistic approaches to women’s health, consulting with physicians and hospitals across the country.

3:45-4:30 p.m. Running your best marathon: Tips from a U.S. Olympic Gold Medalist, Joan Benoit Samuelson

4:30- 5 p.m. Start your own Galloway Breast Cancer Marathon Training Program

5- 5:30 p.m. Meet the Pacers

5:30 -6:15 p.m. What’s all this fuss about fluids and heat problems in runners? Walter C. Taylor, III M.D; Consultant - Department of Family Medicine, Mayo Clinic Florida, Assistant Professor in Family Medicine - College of Medicine, Mayo Clinic

6:15- 7 p.m. Hal Higdon, Author, Marathon, The Novel

*Times and topics subject to change.

26.2 with Donna Speakers Bureau

Saturday, February 20, 2010

10 a.m.- 6 p.m.

10- 10:30 a.m. Update of Survivorship Psychosocial Issues: Amber L. Isley, M.D.; Consultant - Department of Family Medicine, Mayo Clinic Florida, Instructor in Family Medicine, College of Medicine, Mayo Clinic

10:30- 11:30 a.m. In The Mood Again - Healthy Sexuality: Genie James, M.M.Sc, Nationally acknowledged as a trailblazer in women’s health services with a Masters of Medical Science from Emory University and Ph.D. studies at University of Tennessee, Genie spent more than twenty years championing holistic approaches to women’s health, consulting with physicians and hospitals across the country.

11:30 a.m.-12 p.m. Meet The Pacers

12- 12:30 p.m. Start your own Galloway Breast Cancer Marathon Training Program

12:30 – 1:15 p.m. How to Run Faster: Jeff Galloway, U.S. Olympian, Author, Inspirational Speaker, Training Director

1:15 -1:45 p.m. Through Rose Colored Glasses: Donna Deegan, Journalist, Marathoner and Breast Cancer Survivor. Founder of the Donna Foundation and the 26.2 with Donna National Marathon to Finish Breast Cancer

1:45- 2:30 p.m. Running your best marathon: Tips from a U.S. Olympic Gold Medalist, Joan Benoit Samuelson

2:30- 3:15 p.m. Staying Injury Free: Jeff Galloway, U.S. Olympian, Author, Inspirational Speaker, Training Director

3:15- 3:45 p.m. Start your own Galloway Breast Cancer Marathon Training Program

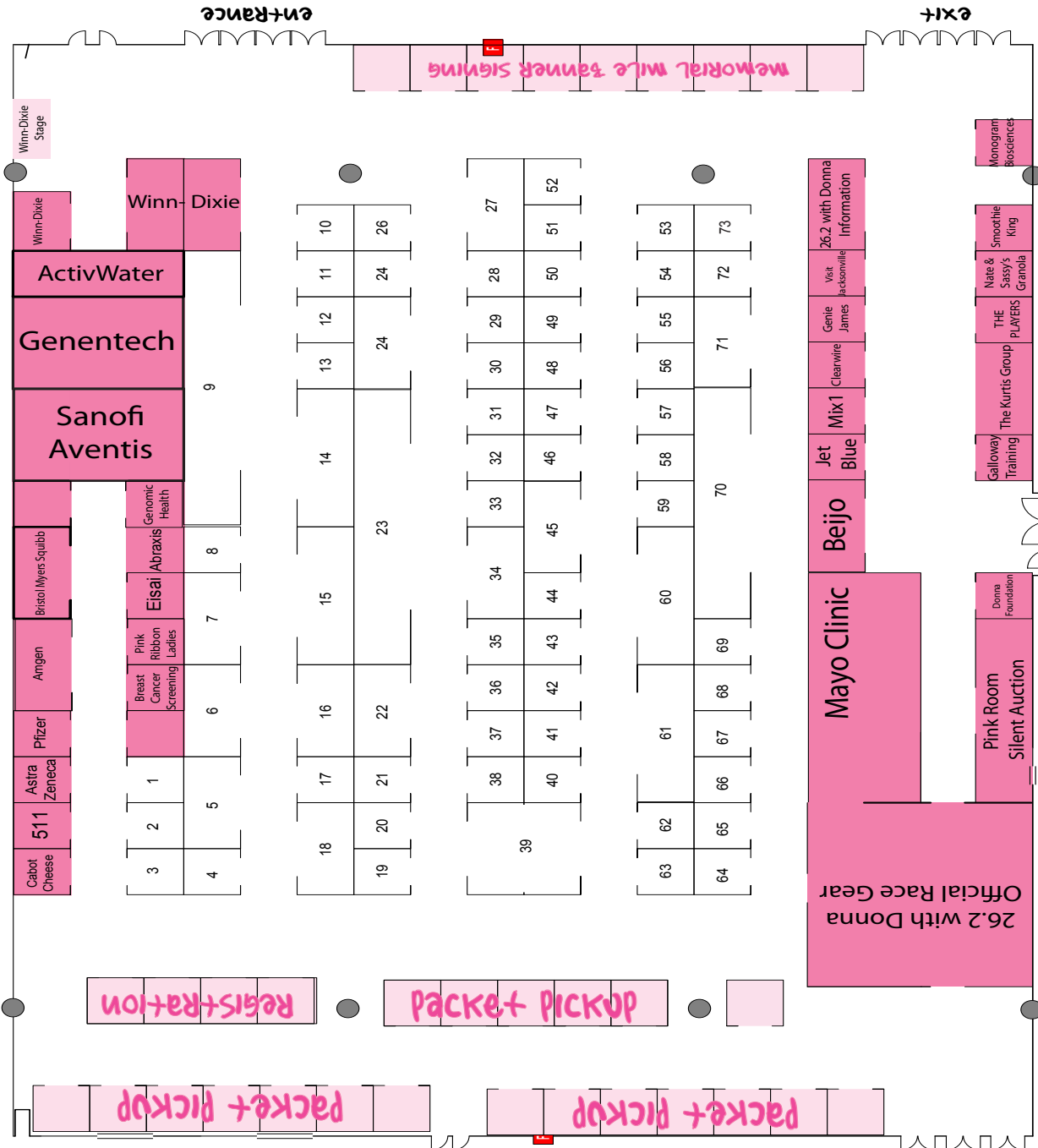
3:45 – 4:30 p.m. Bill Rodgers, Four time New York City Marathon winner and setter of world masters records for 5K, 8K, 10K and 10 miles

4:30 - 5:15 p.m. A Healthy Heart: The Secret to Inner Beauty: Carolyn Landolfo, M.D. CV, Senior Associate Consultant, Department of Cardiology, Mayo Clinic Florida

5:15 -6 p.m. Eating, Drinking, Sleep and Mental Toughness: Jeff Galloway, U.S. Olympian, Author, Inspirational Speaker, Training Director

26.2 with Donna Health and Fitness Expo

presented by



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