

## Saturday

Room	A	B	C	D	E
11:00 AM	<b>Tandems 101</b> Mel Kornbluh, Tandems East	<b>Bodyweight Only Exercises for the Core</b> Coach Mary Kelley	<b>Kestrel The First Name in Carbon Fiber</b> Steve Harad and Todd Wiley	<b>The Gait Cycle and Running Injuries</b> Dr. Brad Bernadini	<b>Fueling Your Body Pre, During &amp; Post Training &amp; Racing</b> Aldo Virano - Pacific Health Labs
12:00 PM	<b>Preparing for Competition Ultimate Training Plan</b> Jarrod Shoemaker & Jeff Matlow	<b>How to be Fast, Prevent Injuries and Have Fun at Your Next Tri</b> Karen Sing, Wetsuit Designer for Profile Designs	<b>Pro Cyclist Panel</b> Discussion and Q&A with current and former Pros	<b>The Aerodyamics of Specialized Bikes</b> Mark Cote, Aerodynamicist	<b>Running 101</b> Coach Orlin Howell
1:00 PM	<b>Half Marathon Training for Busy Runners</b> Mike Tweed with Carl Ewald	<b>Pro and Coach Tri Panel</b> Moderated by Steve Brown, The Remission Man	<b>Women overcoming challenges: The story of Terry Bicycles</b> Liz Robert, CEO of Terry	<b>Weight Training for Cyclists</b> Coach Kim Geist	<b>Maximizing Your Experience In the Water</b> Bruckner Chase Liberty Sports Magazine
2:00 PM	<b>Natural Running</b> Mike Blanchard Newton Running	<b>Cervélo Aerodynamics and Composites</b> Richard Matthews Senior Composites Engineer	<b>Pro/Elite Female Panel</b> Discussion and Q&A with Female Athletes	<b>Real Food for Real Results</b> Joanna Chodarowska	<b>The NEW Perspective: Strength &amp; Core Training for the Endurance Athlete</b> Fernando Paredes & Todd Wiley
3:00 PM	<b>Tactics of Training for the Everyday Triathlete</b> Brian Walton Olympic Silver Medalist	<b>Basic Biomechanics of the Foot</b> Brian Mastrofino - Superfeet	<b>Fundamentals of Bike Fit</b> Isaac Denham, High Road Cycles Body Geometry Level 2 Fit Specialist	<b>Goal Setting Clinic: Right Steps to Meet Your Goals</b> Greg Reznich Driven Endurance Coach	<b>Safe Cycling</b> National MS Society

## Sunday

Room	A	B	C	D	E
11:00 AM	<b>Tandems 101</b> Mel Kornbluh, Tandems East	<b>Bodyweight Only Exercises for the Core</b> Coach Mary Kelley	<b>Kestrel The First Name in Carbon Fiber</b> Steve Harad and Todd Wiley	<b>The Gait Cycle and Running Injuries</b> Dr. Brad Bernadini	<b>Fueling Your Body Pre, During &amp; Post Training &amp; Racing</b> Aldo Virano - Pacific Health Labs
12:00 PM	<b>Preparing for Competition Ultimate Training Plan</b> Jarrod Shoemaker & Jeff Matlow	<b>How to be Fast, Prevent Injuries and Have Fun at Your Next Tri</b> Karen Sing, Wetsuit Designer for Profile Designs	<b>Pro Cyclist Panel</b> Discussion and Q&A with current and former Pros	<b>The Aerodyamics of Specialized Bikes</b> Mark Cote, Aerodynamicist	<b>Running 101</b> Coach Orlin Howell
1:00 PM	<b>Half Marathon Training for Busy Runners</b> Mike Tweed with Carl Ewald	<b>Pro and Coach Tri Panel</b> Moderated by Steve Brown, The Remission Man	<b>Sports Medicine Approach to Mimimalist Running</b> Dr. Michael Ross Rothman Institute	<b>Weight Training for Cyclists</b> Coach Kim Geist	<b>TBD</b>
2:00 PM	<b>Natural Running</b> Mike Blanchard Newton Running	<b>Cervélo Aerodynamics and Composites</b> Richard Matthews Senior Composites Engineer	<b>Pro/Elite Female Panel</b> Discussion and Q&A with Female Athletes	<b>Real Food for Real Results</b> Joanna Chodarowska	<b>The NEW Perspective: Strength &amp; Core Training for the Endurance Athlete</b> Fernando Paredes & Todd Wiley
3:00 PM	<b>Tactics of Training for the Everyday Triathlete</b> Brian Walton Olympic Silver Medalist	<b>Basic Biomechanics of the Foot</b> Brian Mastrofino - Superfeet	<b>Fundamentals of Bike Fit</b> Isaac Denham, High Road Cycles Body Geometry Level 2 Fit Specialist	<b>Goal Setting Clinic: Right Steps to Meet Your Goals</b> Greg Reznich Driven Endurance Coach	<b>Safe Cycling</b> National MS Society