

**2010 Chicago Half Marathon and 5K
Health & Fitness Expo
Seminar Schedule
September 10-11, 2010
Updated: 8/27/10**

Friday, September 10

12:00 PM

Speaker: Dane Rauschenberg - Extreme Runner
Topic: *Ignoring the Impossible*

1:00 PM

Speaker: Chris Gillespie - MED, ATC Director, Athletic Training Education - Samford University - Birmingham, AL, Founder & Executive Director - TEAM 413 - GRACERUNNER Ministries
Topic: *Feet Don't Fail Me Now - Dealing with Common Running Injuries*

2:00 PM

Speaker: Michael Sandrock - Journalist, Author, Founder of the national shoe recycling program Shoes for Africa/One World Running - Bring your shoes of any kind, and running gear, to donate at the expo!
Topic: *"Transcending Borders: the One World Running Story"*

3:00 PM

Speakers: Arturo Barrios - The first man to run under an hour for the half-marathon
Topic: *Chasing the American Dream: How I set five world records, and what you can learn from it*

4:00 PM

Speaker: Ralph Klisiewicz - Personal Trainer, Certified Chicago Muscle Activation Technique Specialist
Topic: *Everything is Connected: Mechanics of an Injury*

5:00 PM

Speaker: Jenny Hadfield, Chris Gillespie, Ralph Klisiewicz, Arturo Barrios
Topic: *Panel Discussion*

Saturday, September 11

11:00 AM

Speaker: Chris Gillespie - MED, ATC Director, Athletic Training Education - Samford University - Birmingham, AL, Founder & Executive Director - TEAM 413 - GRACERUNNER Ministries
Topic: *Feet Don't Fail Me Now - Dealing with Common Running Injuries*

Noon

Speaker: Jenny Hadfield - Coach, Author, Motivational Speaker, Endurance Athlete
Topic: *ElliptiGO – Revolutionizing Cross-Training for Runners*

1:00 PM

Speakers: Jenny Hadfield, Chris Gillespie, Arturo Barrios
Topic: *Panel Discussion*

2:00 PM

Speaker: Dane Rauschenberg - Extreme Runner
Topic: *Ignoring the Impossible*

3:00 PM

Speaker: Arturo Barrios - The first man to run under an hour for the half-marathon
Topic: *Chasing the American Dream: How I set five world records, and what you can learn from it*

4:00 PM

Speaker: Michael Sandrock - Journalist, Author, Founder of the national shoe recycling program Shoes for Africa/One World Running - Bring your shoes of any kind, and running gear, to donate at the expo!
Topic: *"Transcending Borders: the One World Running Story"*