

2019 RACE-MANIA SUMMIT & EXPO: SCHEDULE OF EVENTS

Required (Free) = You needed to pre-register online or you must register at the Information Booth (space permitting)

Required (\$) = You need to pre-register online or visit the Info Booth for pricing & availability 1st come, 1st serve = Just show up! FULL = No longer accepting registrations

Program	Registration Status as of 3-18-19	Topic	Start	End	Location	
Swim Smooth Clinic - Peter Russo, Russo Racing	FULL	Swimming	07:00	10:30	Pool, Lower Level 1	
Pre-Workout Yoga - Marathon PT and Sports Medicine	Required (Free)	Training/Wellness	08:00	08:45	Room 220, 2nd floor	
Advanced Freestyle: Maximizing the Speed Equation - Sue Sotir, Breakthrough Performance Coaching	FULL	Swimming	08:00	09:30	Pool, Lower Level 1	
Advances in Power Training: A Workshop with Hunter Allen	Required (\$)	Cycling	08:00	09:30	Room L131, Lower Level 1	
Racing Your Way to a Whole Life Overhaul: A Workshop with Meredith Atwood	Required (\$)	Inspiration	08:00	09:30	Room L132, Lower Level 1	
Strong Endurance: Smart Strength Training to Reduce Injuries & Increase Performance - Will Kirousis, TriHard	1st come, 1st serve	Training/Wellness	09:00	09:40	Dance Theater, Lower Level 1	
Self-Management of Acute Injuries - Marathon PT and Sports Medicine	Required (Free)	Training/Wellness	09:00	09:45	Room 220, Upper Level	
FastSplits Indoor Bike Time Trial: First heat of the day	Required (\$)	Cycling	09:00	10:00	Expo, Lower Level 1	
Marathon Sports 4x1600m Relay Run	FULL	Running	09:00	10:30	BU Track & Tennis Center	
Book Signing: <i>Training and Racing with a Power Meter</i> ; meet author Hunter Allen and buy your signed copy	1st come, 1st serve	Cycling	09:30	10:15	Expo, Peaks Coaching Group booth	
EXPO OPENS & GOODIE BAG DISTRIBUTION BEGINS			09:30	05:00	Expo, Lower Level 1	
How to Fix a Flat - Ed Munafo, Park Tool School Instructor with Wheelworks	1st come, 1st serve	Cycling	09:45	10:15	Expo, Wheelworks booth	
Finding My Voice - Mike Reilly, Voice of IRONMAN	1st come, 1st serve	Inspiration	09:45	10:25	Dance Theater, Lower Level 1	
Running and Enjoying the Boston Marathon - Paul Clerici, author, "Boston Marathon History by the Mile"	1st come, 1st serve	Running	09:45	10:45	Room L132, Lower Level 1	
Design and Execute Your Own Cross Training Program - Marathon PT and Sports Medicine	FULL	Training/Wellness	10:00	11:00	Room 220, 2nd floor	
The 7 Steps of Power Training: Your No Nonsense Talk on Starting with a Power Meter - Hunter Allen, Peaks Coaching	1st come, 1st serve	Cycling	10:30	10:55	Dance Theater, Lower Level 1	
Marathon Sports 1600m Dash	FULL	Running	10:30	11:30	BU Track & Tennis Center	
Advanced Freestyle: Maximizing the Speed Equation with Sue Sotir, Breakthrough Performance Coaching	FULL	Swimming	10:30	12:00	Pool, Lower Level 1	
ChiRunning: Level 1 - Vince Vaccaro, Master ChiRunning Instructor	Required (\$)	Running	10:30	12:30	Indoor Track, 3rd floor	
Book Signing: <i>Mike Reilly: Finding My Voice</i> ; meet Mike Reilly and buy your signed copy	1st come, 1st serve	Triathlon	10:30	05:00	Expo, IRONMAN Found. Booth	
Roadside Derailleur Adjustments - Ed Munafo, Park Tool School Instructor with Wheelworks	1st come, 1st serve	Cycling	10:45	11:15	Expo, Wheelworks booth	
Meet & Greet with Des Linden at the Brooks Running booth			11:00	12:00	Expo, Brooks Running booth	
The Year of No Nonsense... Changing One Thing Changes Everything - Meredith Atwood	1st come, 1st serve	Inspiration	11:00	11:25	Dance Theater, Lower Level 1	
Fat Burning with Metabolic Efficiency: An Alternative to the Keto Diet	FULL	Nutrition	11:00	12:30	Room L118, BU Fit Rec	
Making the Jump from Short Course to Long Course Triathlon	FULL	Triathlon	11:00	12:30	Room L131-L132, Lower Level 1	
Key to Safer and Straighter Open Water Swimming - Bob Fernald, Open H2O Solutions	1st come, 1st serve	Swimming	11:30	11:55	Dance Theater, Lower Level 1	
Video Running Gait Screens - Marathon PT and Sports Medicine	FULL	Running	11:30	01:00	Room 220, 2nd floor	
Training Program Consults - Marathon PT and Sports Medicine	FULL	Training/Wellness	11:30	01:00	Room 220, 2nd floor	
Injury Screens - Marathon PT and Sports Medicine	FULL	Training/Wellness	11:30	01:00	Room 220, 2nd floor	
Lubricating Your Drivetrain - Ed Munafo, Park Tool School Instructor with Wheelworks	1st come, 1st serve	Cycling	11:45	12:15	Expo, Wheelworks booth	
Book Signing: <i>Triathlon for the Every Woman</i> ; meet author Meredith Atwood and buy your signed copy	1st come, 1st serve	Triathlon	11:45	01:00	Expo, Klean Kanteen Booth	
Relay Team Swim Challenge	FULL	Swimming	12:00	01:00	Pool, Lower Level 1	
Getting Comfortable Being Uncomfortable in Your Training - Becca Pizzi, 2x Winner, World Marathon Challenge	1st come, 1st serve	Running/Training	12:00	12:25	Dance Theater, Lower Level 1	
Book Signing: <i>Training and Racing with a Power Meter</i> ; meet author Hunter Allen and buy your signed copy	1st come, 1st serve	Cycling	12:00	02:00	Expo, Peaks Coaching Group booth	
Your Heart is Your Engine: Cardiology for Endurance Athletes - Dr. Brian Bilchik, Lown Sports Cardiology	1st come, 1st serve	Training/Wellness	12:30	12:55	Dance Theater, BU Fit Rec	
How to Fix a Flat - Ed Munafo, Wheelworks	1st come, 1st serve	Cycling	12:45	01:15	Expo, Wheelworks booth	
Swim Smooth Clinic - Peter Russo, Russo Racing	FULL	Swimming	01:00	04:00	Pool, Lower Level 1	
KEYNOTE: A Q&A with Des Linden moderated by Dave McGillivray			01:15	02:15	Dance Theater, Lower Level 1	
Roadside Derailleur Adjustments - Ed Munafo, Park Tool School Instructor with Wheelworks	1st come, 1st serve	Cycling	01:45	02:15	Expo, Wheelworks booth	
Advanced Freestyle: Maximizing the Speed Equation with Sue Sotir, Breakthrough Performance Coaching	FULL	Swimming	02:00	03:30	Pool, Lower Level 1	
ChiRunning: Level 2 - Vince Vaccaro, Master ChiRunning Instructor	Required (\$)	Running	02:00	04:00	Indoor Track, 3rd floor	
Nutrition and Performance: A Panel Discussion with RDs Nancy Clark, Dina Griffin & Jenn O'Donnell Giles	1st come, 1st serve	Nutrition	02:20	03:00	Dance Theater, Lower Level 1	
Racing Your Way to a Whole Life Overhaul: A Workshop with Meredith Atwood	Required (\$)	Training/Wellness	02:30	04:00	Room L132, BU Fit Rec	
Lubricating Your Drivetrain - Ed Munafo, Park Tool School Instructor with Wheelworks	1st come, 1st serve	Cycling	02:45	03:15	Expo, Wheelworks booth	
Recovery: The Other Half of a Balanced Training Program - Karen Mackin, Peaks Coaching Group	1st come, 1st serve	Training/Wellness	03:05	03:30	Dance Theater, Lower Level 1	
GRAND PRIZE GIVEAWAY #1: Marathon Sports Ultimate Runner's Package - WINNER MUST BE PRESENT			Reg by 3/23 req'd	GRAND PRIZE	03:30	Expo, Lower Level 1
Life Goes On: Re-Inventing Yourself After a Traumatic Event - Maddie Walter	1st come, 1st serve	Inspiration	03:40	04:00	Dance Theater, Lower Level 1	
Open Q&A on Bike Care & Maintenance - Ed Munafo, Park Tool School Instructor with Wheelworks	1st come, 1st serve	Cycling	03:45	04:15	Expo, Wheelworks booth	
Trails in Motion Film Festival	Required (\$)	Running, Trail	04:20	06:00	Dance Theater, Lower Level 1	
The Mike Reilly "You Make the Call" Contest	1st come, 1st serve	Triathlon	04:30	04:45	Expo, IRONMAN Found. booth	
GRAND PRIZE GIVEAWAY #2: RaceQuest Travel Package - WINNER MUST BE PRESENT			Reg by 3/23 req'd	GRAND PRIZE	04:45	Expo, Lower Level 1
EXPO CLOSES				05:00	Expo, Lower Level 1	

**Schedule of events
sponsored by:**



**Visit them in the expo at
booths #58 & #59**