



Seminars

Topics Run the Gamut During Speakers Series at Disney Expo

Anaheim, Calif. – A team of 11 people – from Olympic medalists, doctors and nutrition experts to trainers and top-ranked racers – will share ideas about fitness, running, eating and living during the 2006 seminar series at Disneyland Health & Fitness Expo seminar series on Sept. 15-16.

All sessions will take place at the Disneyland Hotel Convention Center. There is no charge to attend the expo or to participate in the seminars.

A medical team from Kaiser Permanente kicks off the series at 1:30 p.m. on Sept. 15. There are eight half-hour sessions on Friday. The first of nine sessions on Saturday begins at noon.

Disneyland Health & Fitness Expo is part of the Inaugural Disneyland Half Marathon Weekend, which includes a Family Fun Run 5K on Saturday, Sept. 16 and a 13.1-mile event on Sunday, Sept. 17. More than 10,000 runners, walkers and wheelchair athletes are registered for the Half Marathon.

Here's the seminar schedule:

Friday, September 15, 2006

- 1:30-2 p.m. **Tadashi Funahashi, MD, Rick Csintalan, MD and Debbie Novotny, PT, KAISER PERMANENTE, "Common Sports Injuries of Runners"**
- 2-2:30 p.m. **DISNEYLAND Half Marathon Race Director Jon Hughes, "Last Minute Tips & Information"**
- 2:30-3 p.m. **Jon Sinclair, "Coaching Tips from a World Class Road Racer"**
- 3-3:30 p.m. **Eleanor Monroe, MD, KAISER PERMANENTE, "Back Problems & Running: Maintaining a Healthy Back"**
- 3:30-4 p.m. **Kim Jones, "How to Run & Race Consistently – From Beginner to World Class Racer"**
- 4-4:30 p.m. **Danny Dreyer, "ChiRunning: A Revolutionary Approach to Effortless, Injury-free Running"**
- 4:30-5 p.m. **Runner's World Columnist John "the Penguin" Bingham, "The Penguin Plan"**
- 5-5:30p.m. **Jenny Hadfield, "Run Like a Girl...Tips, Tools & Techniques for the Long Distance Female Runner"**

Saturday, September 16, 2006

- 12-12:30 p.m. **Erna Wong, MD, KAISER PERMANENTE, "Healthy Eating & Active Living"**
- 12:30-1 p.m. **John Bingham and Jenny Hadfield, "Coaching Advice from the Back of the Pack"**
- 1-1:30 p.m. **Pamela Honsberger, MD, KAISER PERMANENTE, "Managing Women's Stress through Health & Fitness"**
- 1:30-2 p.m. **Kim Jones, "How to Run & Race Consistently – From Beginner to World Class Racer"**

- 2-2:30 p.m. **Jon Sinclair**, "Coaching Tips from a World Class Road Racer"
- 2:30-3 p.m. **Danny Dreyer**, "ChiRunning: A Revolutionary Approach to Effortless, Injury-free Running"
- 3-3:30 p.m. **John "the Penguin" Bingham**, *Runner's World* Columnist, "The Penguin Plan"
- 3:30-4 p.m. **Jon Hughes**, DISNEYLAND Half Marathon Race Director, "Last Minute Tips & Information"

Seminar Speakers

John Bingham, ("the Penguin"), *Runner's World Magazine* columnist, author and nationally acclaimed speaker

Danny Dreyer, coach, author, and creator of ChiRunning® and ChiWalking®, an infusion of TaiChi and running and walking, has also successfully completed 40 ultra marathons since 1995

Tadashi Funahashi, MD, Orthopedic sports medicine specialist and regional Chief of Orthopedic Surgery for Kaiser Permanente Southern California

Jenny Hadfield, co-author, along with John "the Penguin" Bingham of *Marathoning for Mortals*, official coach of John Bingham Racing and host of clinics for women and girls called ...*Like a Girl*.

Pamela Honsberger, MD, Primary Care physician for Kaiser Permanente Orange County Southern California Permanente Medical Group

Jon Hughes, Race Director, DISNEYLAND Half Marathon

Kim Jones, ranked 6th on the all-time US Women's Marathon list, top three finisher at NYC, Houston, and Chicago Marathons, 2:26:40 marathoner

Don Kardong, senior writer for *Runner's World Magazine*, finished 2nd behind Steve Prefontaine in the 1971 PAC-8 3-Mile, and finished 4th in the 1976 Olympic Marathon in Montreal, missing the bronze medal by 3 seconds.

Eleanor Monroe, MD, Department Administrator, Physical Medicine for Kaiser Permanente, Orange County

Jon Sinclair, top-ranked road racer in the world for 10 years in '93 by *Runner's World*, past open winner of Peachtree, Bloomsday and Columbus Marathon

Erna Wong, MD, Primary Care Pediatric physician for Kaiser Permanente Orange County Southern California Permanente Medical Group