



2007 DISNEYLAND® Half Marathon Weekend

SEMINAR SPEAKERS

Elise Allen, Author of *The Traveling Marathoner: A Complete Guide to Top U.S. Races and Sightseeing on the Run*

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

Stefan Fornalski, MD, Southern California Permanente Medical Group, Orthopedics

Jon Hughes, Race Director, DISNEYLAND® Half Marathon

Jim Mayo, MD, Southern California Permanente Medical Group, Continuing Care

Kim Mueller, MS, Registered Dietician and Sports Nutrition Consultant, Founder of Fuel Factor Nutrition and an avid endurance athlete

Bill Rodgers, Four time winner of the Boston and New York marathons, 1976 US Olympic team, Marathon - 2:09:27 former American Record and Boston Course Record

Robert Sallis, MD, Southern California Permanente Medical Group, Family Medicine

Suzy Schumacher, Two-time Olympic Trials qualifier, Marathon Time - 2:45, Half Marathon Time - 1:15

Tom Ward, Course Director, DISNEYLAND® Half Marathon

Priya Yerasi, MD, Southern California Permanente Medical Group, Hospitalist at Anaheim Medical Center



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SPEAKER SCHEDULE

Saturday, September 1, 2007

10:45 - 11:30 am	Danny Dreyer, "ChiRunning®: A Revolutionary Approach to Effortless, Injury-free Running"
11:30 - 12:00 pm	Priya Yerasi, MD, KAISER PERMANENTE®, "Nutrition for Peak Fitness"
12:00 - 12:30 pm	Jon Hughes, DISNEYLAND® Half Marathon Race Director, "Last Minute Tips & Information"
12:30 - 1:00 pm	Tom Ward, DISNEYLAND® Half Marathon Course Director, "Course Question & Answer"
1:00 - 1:30 pm	Bill Rodgers, "Coaching Tips from a World Class Road Racer"
1:30 - 2:00 pm	Jim Mayo, MD, KAISER PERMANENTE®, "Herbal Medicines, Supplements & Nutraceuticals"
2:00 - 2:30 pm	Elise Allen, "Insider Tips on Getting the Most from Your Marathon Destination"
2:30 - 3:00 pm	Kim Mueller, Registered Dietician, "Optimal Race Day Hydration"
3:00 - 3:30 pm	Suzy Schumacher, "Run like a girl...Tips & Techniques for the Long Distance Female Runner"

Sunday, September 2, 2007

11:45 - 12:15 pm	Stefan Fornalski, MD, KAISER PERMANENTE®, "Running Injuries & Prevention"
12:15 - 12:45 pm	Elise Allen, "Insider Tips on Getting the Most from Your Marathon Destination"
12:45 - 1:30 pm	Danny Dreyer, "ChiRunning®: A Revolutionary Approach to Effortless, Injury-free Running"
1:30 - 2:00 pm	Suzy Schumacher, "How to Run & Race Consistently - From Beginner to World Class"
2:00 - 2:30 pm	Bill Rodgers, "Coaching Tips from a World Class Road Racer"
2:30 - 3:00 pm	Kim Mueller, Registered Dietician, "Fueling for Peak Run Performance"
3:00 - 3:30 pm	Robert Sallis, MD, KAISER PERMANENTE®, "Exercise Is Medicine"
3:30 - 4:00 pm	Jon Hughes, DISNEYLAND® Half Marathon Race Director, "Last Minute Tips & Information"
4:00 - 4:30 pm	Tom Ward, DISNEYLAND® Half Marathon Course Director, "Course Question & Answer"

Speakers, times, and topics are subject to change without notice