



2008 DISNEYLAND® Half Marathon Weekend

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## SEMINAR SERIES

**Disneyland South Lounge**  
Adjacent to Expo Entrance Lobby

**Arturo Barrios**, Former Olympian and World Record Holder in the 10,000 meter run; also the Spira Brand Ambassador

**Ayaz A. Biviji, M.D.**, Board certified orthopedic surgeon specializing in hip, knee, and shoulder disorders and joint replacement; Orange Orthopedic Medical Group, ING.

**Danny Dreyer**, Coach, author, and creator of ChiRunning® and ChiWalking® - which combine the focuses of T'ai Chi with running and walking - has successfully completed 40 ultra marathons since 1995

**Andrea Giancoli**, Registered dietitian in the Los Angeles area serving as the national Spokesperson for the American Dietetic Association and the co-founder of Fit4School

**Jon Hughes**, Race Director, DISNEYLAND® Half Marathon

**Wally Kastner**, Race Director, Big Sur International Marathon

**Steve Mackel**, Certified hypnotherapist; head coach Beach Runners Marathon Training Program

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

**Daniel Tucker, D.P.M.**, Board certified reconstructive rearfoot & ankle surgeon; Cambridge Foot & Ankle Associates

**Tom Ward**, Course Director, DISNEYLAND® Half Marathon

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



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### SPEAKER SCHEDULE Disneyland South Lounge Adjacent to Expo Entrance Lobby

#### Friday, August 29 - Expo Hours 12 noon - 8 pm

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| 1:15 - 1:45 pm | Suzy Schumacher, "Expect the Unexpected"   |
| 1:45- 2:30 pm  | Daniel Tucker, D.P.M., "Feet & Ankles, Don't Fail Me Now!"   |
| 2:30 - 3:15 pm | Steve Mackel, "Improve Your Performance - Unleashing Your Mental Running Strength through Visualization"   |
| 3:15 - 4:00 pm | Danny Dreyer, "ChiRunning®: A Revolutionary Approach to Effortless, Injury-free Running - Tips for Making Your Marathon Easier"  |
| 4:00 - 4:45 pm | Arturo Barrios, "Overcoming Obstacles"   |
| 4:45 - 5:30 pm | Wally Kastner, "Youth Running & Fitness Programs"  |
| 5:30 - 6:15 pm | Andrea Giancoli, "Optimal Nutrition & Hydration for the Endurance Athlete"   |
| 6:15 - 7:15 pm | Jon Hughes, DISNEYLAND® Half Marathon Race Director, "Last Minute Tips & Information"<br>Tom Ward, DISNEYLAND® Half Marathon Course Director, "Course Question & Answer" |

#### Saturday, August 30 - Expo Hours 10 am - 6 pm

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| 11:00 - 11:45 am | Ayaz A. Biviji, M.D., "Joint Health for the Long Run"   |
| 11:45 - 12:30 pm | Arturo Barrios, "Overcoming Obstacles"  |
| 12:30 - 1:15 pm  | Danny Dreyer, "ChiRunning®: A Revolutionary Approach to Effortless, Injury-free Running - Tips for Making Your Marathon Easier" |
| 1:30 - 2:00 pm   | Suzy Schumacher, "Expect the Unexpected"  |
| 2:00 - 2:45 pm   | Steve Mackel, "Improve Your Performance - Unleashing Your Mental Running Strength through Visualization"                        |
| 2:45 - 3:30 pm   | Wally Kastner, "Youth Running & Fitness Programs"   |
| 3:30 - 4:15 pm   | Jon Hughes, DISNEYLAND® Half Marathon Race Director, "Last Minute Tips & Information"   |
| 4:15 - 5:00 pm   | Tom Ward, DISNEYLAND® Half Marathon Course Director, "Course Question & Answer"   |

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