



National Health & Fitness Expo  
Friday, March 19<sup>th</sup>, 2010  
11:00 AM – 8:00 PM

## **2010 Speaker Series Schedule**

- 11:15 AM      **Press Conference**
- 12:00 PM      **A New Marathon Program: Running Your Best without Running Yourself Ragged**  
*Jeffrey Horowitz, Certified personal trainer, Adjunct Professor at George Washington University and ultra-marathoner*
- 12:30 PM      **Why Am I Always Injured? Common Running Technique Flaws and How to Correct Them**  
*Dr. Kevin Maggs, D.C., Active Spine and Sport, ART*
- 1:00 PM        **Meet the Biggest Loser Contestants**  
*Stacey Capers, Adam Capers - Season 6*  
*Jerry Skeabeck, Coleen Skeabeck - Season 6*  
*Nicole Brewer - Season 7*  
*Miggy Cancel, Migdalia Sebren - Season 9*
- 2:15 PM        **Healthy Women: Mind, Body and Spirit**  
*Deanna McCray James, Mrs. District of Columbia 2009*  
*Tracey Jamison, Classic All American Woman 2010*  
*Angel McCoy, Mrs. Maryland International 2010*
- 3:00 PM        **Legends of the Sport**  
*Bill Rodgers, 22-time marathon winner, including Boston and New York City - Presented by SunTrust*  
  
*Joan Benoit Samuelson, first-ever women's Olympic marathon champion; Boston and Chicago marathon winner - Presented by CareFirst BlueCross BlueShield*
- 4:00 PM        **Race Day Nutrition: Fuel Right, Finish Strong, Recover Quickly**  
*Rebecca Scritchfield, MA, RD, ACSM Health Fitness Specialist*
- 5:00 PM        **Physiological Factors Limiting Marathon Performance**  
*Dr. Robert Chapman, Ph.D. FACSM Department of Kinesiology, Indiana University*
- 6:00 PM        **Sport Psychology 101: An Introduction to Strategies for Building Mental Fitness**  
*Dr. Keith Kaufman, Ph.D., Parkhurst Associates Mental Health Services*
- 7:00 PM        **Strong Hips, Happy Knees: How a Strong Hip Helps Prevent Common Knee Injuries**  
*Dr. Robert Gillanders, PT, DPT*