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Saturday’s Free Race Clinic Schedule

The Monterey Bay Half Marathon will feature free clinics at the Portola Hotel & Spa on Saturday afternoon. This year’s clinic lineup features three women sharing important research, insights, and exercises that can help any runner improve, followed by a panelist of Olympians and Olympic hopefuls sharing their stories and dreams. The clinics are part of the Health and Fitness Expo that is free and open to the public on Friday, November 9 from noon to 6 p.m. and Saturday, November 10, from 9:30 a.m. to 6 p.m. The Expo offers opportunities to shop for race gear and apparel, Monterey Bay Half Marathon souvenir items, and to learn about other races.



12PM - FITZ KOEHLER, M.S.E.S.S.

Best Strength Training Exercises for Runners

Learn a runner-specific training program proven to increase speed while decreasing pain and recuperation time. Up your pace and enhance your race experience while preventing common injuries.

Koehler is a fitness expert, race announcer, TV personality, author and speaker from Gainesville, Florida, with a Master’s Degree in Exercise and Sports Sciences.



1PM - GRETCHEN REYNOLDS

Science in Sport: Separating Fact from Fiction

More studies are being done around the world on training, racing, recovery, rest, and nutrition. Reynolds will explain how you can benefit from this new information and answer your questions on a variety of topics.

Reynolds is an award-winning writer, pens the weekly “Phys Ed” column for the New York Times, and author of the 2012 book, The First 20 Minutes.



2PM - DEENA KASTOR

Let Your Mind Run

Kastor, an Olympic medalist and American record holder in the marathon, half marathon, and many other distances, will share how she learned to condition her mind as well as her body to cultivate the positivity that helped lead to incredible performances. Autograph session to follow!

Kastor was the 2004 Olympic Marathon bronze medalist and has held the US record in the marathon for 15 years. She has set world, national and masters records in distances ranging from

5K to the marathon. Her book, Let Your Mind Run, came out last April and is a NY Times Bestseller.



3PM - PANEL OF OLYMPIANS & HOPEFULS

Olympic Memories, Olympic Dreams

Enjoy favorite memories of Olympic experiences from several Olympians and hear from those dreaming about Tokyo 2020 from some of the runners who will race the Monterey Bay Half Marathon.

Attendees include Steve Scott, Deena Kastor, Kellyn Taylor, and Danny Tapia. Autograph session to follow!

For more information on the Monterey Bay Half Marathon weekend of events, including race registration for the Sunday, November 11th Half Marathon and the Saturday, November 10th 5K and 3K races, visit www.montereybayhalfmarathon.org.

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The Monterey Bay Half Marathon, formerly called the Big Sur Half Marathon on Monterey Bay, is presented by the Big Sur Marathon Foundation, a non-profit organization that creates beautiful running events that promote fitness and benefit the community. 2018 marks the 16th year of the coastal half marathon which takes place along the shores of Monterey Bay and the Pacific Ocean in the communities of Monterey and Pacific Grove.