

# Weekend Events At-A-Glance

FRIDAY

8

## Health & Fitness Expo

Noon - 6 p.m., Monterey Conference Center

Bib and packet pick-up for all events, info, products, services, merchandise and more

SATURDAY

9

## Health & Fitness Expo

9:30 a.m. - 6 p.m., Monterey Conference Center

Bib and packet pick-up for all events, info, products, services, merchandise and race clinics

## By-the-Bay 3K

8:00 a.m.

Lovers Point, Pacific Grove

## Pacific Grove Lighthouse 5K

8:30 a.m.

Lovers Point, Pacific Grove

## Free Clinics

Noon - 3 p.m.

See details on this page

SUNDAY

10



Del Monte Ave at Camino El Estero, downtown Monterey

- 4:30 - 5:30 a.m.** (and after 9 a.m.)  
Free parking until 11 a.m. in Custom House Garages, downtown Monterey, a short walk from the start and finish areas
- 5:00 - 6:15 a.m.**  
Free race parking and shuttles to the start from Monterey Peninsula College and Del Monte Center
- 6:50 a.m. START OF THE MONTEREY BAY HALF MARATHON**  
Del Monte Ave. at El Estero, downtown Monterey. The 14-wave start program lasts approximately 32 minutes
- 7:30 a.m. FINISH FESTIVAL BEGINS**  
Custom House Plaza, adjacent to the Portola Hotel and Spa
- 8:00 a.m.**  
Elite runners begin finishing
- 10:00 a.m. AWARDS CEREMONY**  
Custom House Plaza
- 10:52 a.m.**  
Final official finishers cross the line, course closes
- 12:00 p.m.**  
Finish Festival ends

## Race Clinics

The Monterey Bay Half Marathon will feature free clinics at the Portola Hotel & Spa on Saturday afternoon. This year's clinic programming features nutrition philosophy for runners, tips for reducing your carbon footprint, and key information about the best strength training exercises for runners. At 3pm, learn what it takes to qualify for the Olympic trials from industry experts and elite athletes

**Location:** Portola Room, in Portola Hotel lobby adjacent to Monterey Conference Center

### 12 Noon | Bridgette Travis



#### ENDURANCE SPORTS NUTRITION: WHAT CAN WORK FOR YOU, WITH BRIDGETTE TRAVIS OF GU ENERGY LABS

Learn the latest in sports nutrition products and philosophies for training and racing including how much to consume before, during, and after exercise for maximum benefit. Also, a peek inside the GU flavor-testing process to learn how they come up with all those unusual flavors and what's coming next.

### 1 p.m. | Bill Johnston



#### IT'S NOT EASY BEING GREEN: HOW RACES AND RUNNERS CAN REDUCE THEIR CARBON FOOTPRINT, WITH BILL JOHNSTON OF RECOVER BRANDS AND MEMBERS OF THE BIG SUR GREEN TEAM

Learn how Recover Brands made your race weekend participant shirts from recycled plastic bottles and cotton scraps and go behind the scenes with the Big Sur Marathon Foundation's Green Team to learn how up to 99% of all waste race weekend is diverted from area landfills. The clinic will also offer tips on how you can reduce your footprint in running, work, and life.

### 2 p.m. | Fitz Koehler, M.S.E.S.S.



#### BEST STRENGTH TRAINING EXERCISES FOR RUNNERS, WITH FITZ KOEHLER, M.S.E.S.S.

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.*

### 3 p.m. | Ben Rosario & Steve Scott



#### TRAINING AND COACHING THE OLYMPIC DREAM, WITH BEN ROSARIO AND STEVE SCOTT

What does it take to first qualify for the Olympic Trials and then an Olympic team? Ben Rosario, coach of the HOKA ONE ONE® Northern Arizona Elite racing team, will talk about how his athletes are preparing to try to make the 2020 Olympic team. And Steve Scott, world and American record holder, will talk about how he prepared for his Olympic teams and how he used his experience to coach college athletes decades later. Runners of all abilities will benefit from their tips. Joining Ben and Steve will be two aspiring Olympians, runners Matt Baxter and Danielle Shanahan.

