



CIM EXPO TALK SERIES SCHEDULE

FRIDAY, DECEMBER 6

1:00 p.m.

RUN TOGETHER: BUILDING COMMUNITY THROUGH MOVEMENT

Dalia Ramirez-Robles

Corremos Sacramento

J Solle

FRNY LGBT Pride Run

Moderator: Deirdre Fitzpatrick

2:30 p.m.

RUNNING, MOTHERHOOD & EMBRACING CHANGE

Stephanie Bruce with Jenn Kistler-McCoy

4:00 p.m.

THE FINAL PUSH: PREPARING FOR YOUR BEST CIM

CJ Alberston, Brant Stachel

Team RunRun

Jeremy Donati

Fleet Feet

Stephanie Dunlap

CIM Pace Team

Moderator: Scott Abbott

SATURDAY, DECEMBER 7

9:30 a.m.

MARATHON TRAINING PRINCIPLES

Andrew Kastor with Scott Abbott

11:00 a.m.

ELITE FIELD INTRODUCTIONS

Moderator: Jeff Merrill

12:00 p.m.

IGNITE YOUR CIM WITH PRECISION FUEL & HYDRATION

Andy Blow with Scott Abbott

1:30 p.m.

THE FINAL PUSH: PREPARING FOR YOUR BEST CIM

Cheyne Inman, Brant Stachel

Team RunRun

Sean Garbutt

Fleet Feet

Stephanie Dunlap

CIM Pace Team

Moderator: Scott Abbott

3:00 p.m.

RUN TOGETHER: BUILDING COMMUNITY THROUGH MOVEMENT

Dalia Ramirez-Robles

Corremos Sacramento

Karen Menez

Asics

J Solle

FRNY LGBT Pride Run

Moderator: Deirdre Fitzpatrick

4:00 p.m.

NEVER STOP WITH SUTTER HEALTH

Official Race Medical Team