



Marathon College & Pasta Dinner

Saturday, March 4

10:00 a.m.

“Last Minute Marathon Tips” by Dr. Eshwar Kapur

Dr. Kapur, a Kaiser Permanente sports medicine physician from San Diego and a 28-year veteran of the road racing wars, will help runners ease their pre-race jitters by gently guiding them through a checklist of last-minute considerations, with an eye toward covering all possible bases so runners can arrive at the starting line ready to run their best.

11:00 a.m.

“Good Nutrition for Better Running & Racing”

KP nutrition experts share diet, and nutritional myths and facts toward proper fueling of the marathon-racing body. Myths will be vaporized and a half-dozen secrets of maximum performance food fuels will be shared.

NOON-1:30 p.m.

“Duel in the Sun & Course Records”

This year is the 35th anniversary of Al Salazar and Dick Beardsley’s epic Duel in the Sun battle at the Boston Marathon and the 30th anniversary of Dick’s setting the Napa Valley Marathon course record. Joe Henderson will moderate a panel that will consist of Dick Beardsley; Bill Wenmark, Dick’s coach during his return to competition in 1987 after overcoming numerous obstacles; Reg Harris, who orchestrated Dick’s selection of the Napa course for his 1987 comeback in an attempt to qualify for the 1988 U.S. Olympic Marathon Trials; and John Brant, author of Duel in the Sun and numerous other running books.

1:30 p.m.

Secrets of Running the Kaiser Permanente Napa Valley Marathon Course

A half-dozen veterans of the course give the insiders’ take on how to best maximize your results on the Napa Valley course. Panelists include Steve Radigan (who has run all 38 NVM races to date), Janet Cain (an age-group winner), Michael Baumann (with 100+ marathons to his credit), etc.

2:30 p.m.

“The Joy of Olive Oil”

Special tasting seminar on Napa Valley’s “other world-class product,” olive oil, featuring McEvoy Ranch. No two olive oils are created equal and often the difference between two samples is startling. Enjoy a tongue-teasing tasting experience that will educate and entertain you.

3:00 p.m.

Charity Basket Drawings

Napa Valley-themed gift baskets containing everything from fine wines to balloon rides, massages to weekend getaways at exclusive Napa Valley hotels, emceed by NVM board member and master gardener Kirsten Kniesar, for the benefit of the marathon’s Jenny Landrith Middle School Marine Biology Field Trip to Catalina Island.

6:00 p.m.

Marriott Pasta Dinner

Enjoy the most sumptuous pasta dinner in marathoning as the Marriott presents a half-dozen pasta choices and all the Andretti Winery wine and Napa Smith beer you can responsibly handle with inspiring commentary from the marathon’s special guests. There is a rumor door prizes will once again be awarded.