



Kaiser Permanente Marathon College & Pasta Feed

Saturday March 3, 2018

10:00 a.m.

“Improve Your Form & Performance” by Dr. Eshwar Kapur

Dr. Kapur, a Kaiser Permanente sports medicine physician and 29-year veteran of the road racing wars, will help runners improve their running form and through that, improve their efficiency and overall performance. Like a finely-tuned race car, the human body has an ideal combination of running form, running efficiency, upper body relaxation, and well-developed endurance. Dr. Kapur will help bring out the runner’s ultimate potential.

11:00 a.m.

“How Building Core Strength Is the Key to Maximum Endurance” by Kaiser Permanente Physical Therapists.

Building up exceptional endurance is one thing. Increasing the core strength to keep running strong in the latter stages of a marathon is a whole other matter. Physical Therapists are trained to know the proper workings of the human body. Their insights will help the striving marathoner reach performance goals by bringing into play every possible body system.

NOON-1:30 p.m.

“A Conversation with Joanie”

Our keynote address this year is a relaxed, intimate conversation with Joan Benoit-Samuels, winner of the first-ever women’s Olympic marathon championship at Los Angeles in 1984. This also marks the 49th anniversary of her first Boston Marathon victory. Long a spokeswoman for women’s running and running in general, Joanie makes her third visit to the Kaiser Permanente Napa Valley Marathon. Among her numerous efforts on behalf of running and racing, she is also a member of the board of directors of the Road Runners Club of America. Joe Henderson, former editor of *Runner’s World* and author of two dozen running books, once again serves as moderator for our noon keynote session.

1:30 p.m.

“Secrets of Running the Kaiser Permanente Napa Valley Marathon Course”

A half-dozen veterans of the course give the insider take on how to best maximize your results on the Napa Valley course, one of the most beautiful in the world. Panelists include Steve Radigan, who has run every single KPNVM; Mike Baumann, famous for his heel-clicking as he crosses the finish line; Janet Cain, consistent age-group winner; Tony Rossmann, who shares secrets on how to use Napa to qualify for Boston, and Roberta Gonzales, meteorologist, veteran marathoner and Ironman Triathlete.

3:00 p.m.

Clif Family Winery Chef John McConnell

“Nutritional Fuel: How to spruce up your training regime with tasty pre-work out fuel.”

As a sister company to Clif Bar, Clif Family Winery celebrates wine, food, and adventure in all that they do! Join us while Executive Chef John McConnell, an athlete himself, shares his full proof recipe for energy with a protein driven brown rice porridge with olive oil, sunflower seeds, sea salt and maple syrup.

Clif Family Winery, [709 Main Street, St. Helena – Napa Valley – 707-968-0625- www.clifamily.com](https://www.clifamily.com) - follow us @cliffamily

6:00 p.m.

Marriott Pasta Feed

Enjoy a sumptuous pasta-feed with a half-dozen pasta choices (including vegan) and all the local wine and Napa Smith beer you, your family and friends can stand. Inspiring presentations by a dozen celebrities in attendance. Very last-minute instructions and information also available at no extra cost.