

Kaiser Permanente Napa Valley Marathon and Half Marathon

Health and Fitness Expo Schedule

Saturday, March 2, 2019

8:30am – Shake out Run

Join us for an easy shakeout run the morning before the Napa Valley Marathon and Half Marathon! Our VIP Guest Speakers and Moderators, Magda Boulet, Mario Fraioli and Erin Strout will be there to run with you as you get ready for race day! This run is FREE to join and open to everyone.

We will meet in the lobby of the Napa Valley Marriott Hotel & Spa at 8:15am on Saturday, March 2. Run will begin promptly at 8:30am.

9:00am – Expo Opens

9:15am – Cooking demo on hot porridge with Chef John McConnell of Clif Family Winery

The Napa Valley Marathon is honored to welcome Executive Chef John McConnell of Clif Family for a Napa inspired cooking demonstration to fuel your race weekend.

Taste your way through Clif Family's locally sourced fare (including fresh ingredients from their own farm!) while learning helpful tips and tricks to recreate elements of each dish in your own kitchen at home.

Cooking demo will be Saturday, March 2 at the Napa Valley Marriott at 9:15 am, join us for a warm breakfast after your shake out run!

10:00am – Wine and Beer Pouring Opens

Enjoy complimentary wine and beer tastings from our partners, Naked Wines and Napa Smith Brewery.

10:30am – Nutrition and Fueling featuring GU Energy and Olympian Magdalena Boulet

Magdalena Lewy Boulet holds a Bachelors degree in Human Biodynamics from the University of California at Berkeley, and Masters degree in Exercise Physiology with the emphasis of Sports Nutrition from California State University, East Bay. She currently serves at VP of Innovation at GU Energy Labs.

11:15am – Kaiser Permanente

Dr. Susan Joy: After completing medical school at the University of Connecticut, Dr. Joy trained in the Department of Family Medicine at University Hospitals of Cleveland, Case Western Reserve University and was elected to serve as a Chief Resident. Subsequently, she completed her fellowship in primary care sports medicine at Cleveland Clinic. Dr. Joy joined The Permanente Medical Group in Sacramento in 2016. She is now Co-Director of the Kaiser Permanente Sports Medicine Center in Sacramento and is a consultant for the NBA Sacramento Kings.

Throughout her career, Dr. Joy has been involved in the care of athletes of all ages and across a breadth of pursuits and has been a part of medical teams for mass participation events, such as marathons and other races. She served as the Director of the Cleveland Clinic Sports Health Network overseeing the medical care of such events around greater Cleveland and was a member of the Board of Trustees of the Greater Cleveland Sports Commission.

1:30pm – How to run the course, led by 4 veterans

How to run a successful race at the Napa Valley Marathon and Half Marathon with 40-time finisher, Steve Radigan, Michael Baumann, a 22-time finisher, TV Personality Roberta Gonzales, and Mary Coordt, 4-time winner and 4-time olympic trials qualifier.

5:30pm – Pasta Dinner

Listen to guest speakers Magdalena Boulet and Jorge Maravilla talk about their journey to the United States, adventures in running and where it has taken them. Panel discussion led by journalists Erin Strout and Mario Fraioli.

6:00pm – Expo Closes, Wine and Beer Pouring Closes

8:00pm – Number Pick-Up Closes