

Kaiser Permanente Napa Valley Marathon and Half Marathon Health and Fitness Expo Schedule and Speaker Series

Saturday, February 29, 2020

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, Emma Coburn – World Champion and Olympic Silver Medalist in the Steeplechase, 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, February 29. 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, February 29 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, Boochcraft, and Napa Smith Brewery.

11:45am – Women’s Leadership featuring Emma Coburn

Women’s Leadership Panel including special guests Emma Coburn (Olympic Silver Medalist and World Champion Steeplechaser), Catt Sadler (former E-News host), and Elizabeth De Louise Gant (winemaker at Conn Creek Winery).

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 41-time finisher, Steve Radigan, Kevin Pool, 2013 Champion and 2015 Runner Up, Dr. Linda Lewis, OB/GYN surgeon, mom, runner and patient with running induced anaphylaxis, and Shari Costanzo, local runner, coach and several time finisher.

5:30pm – Pasta Dinner

Kaiser Permanente wishes all our runners well and thanks them for attending the Kaiser Permanente Napa Valley Marathon and Half Marathon.

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

8:00pm – Number Pick-Up Closes