

Health & Fitness Expo Schedule

Saturday, March 2, 2024

8:15am – Shake out Run – Lululemon Napa

Join us for an easy shakeout run the morning before the Napa Valley Marathon and Half Marathon! The route will take runners from the Lululemon store in Napa (1220 First Street) on a quick 3 mile and out back along the river. This run is FREE to join and open to everyone.

We will meet in front of the Lululemon at 8am on Saturday, March 2. Run will begin promptly at 8:15am.

9:00am – Health and Fitness Expo Opens – Various Locations

Vineyard Terrace and Meritage Ballroom
Legacy Runner Lounge in Vineyard Terrace

9:30am – Amy Goodson - 24 Hours Left - How Do I Best Fuel My Marathon?

Amy Goodson, sports dietetics specialist and nutrition consultant, will talk about the best carbohydrate loading and hydration strategies leading up to the race as well as the nutrition and hydration for during the race. Bonus content? What to do after for recovery, other than drink wine!

10:30am – How to Run the Course, Led by Veterans – Meritage Ballroom

How to run a successful race at the Napa Valley Marathon and Half Marathon with 45-time finisher, Steve Radigan, Kevin Pool, 2013 champion, and Heather Siewert, local Vinerunner and several time finisher.

11:45am – How Communities Support Elite Athletes and Create Connection – Meritage Ballroom

Journalist and author, Erin Strout, will lead a conversation with elite athletes Brendan Gregg, Diane Nukuri, Matt Lenihan, and Neely Gracey to learn how communities support their high level training and competitive endeavors in the sport of running.

Doors Open at 1:30pm – Hype Team Meet and Greet with PJ Thompson and Jess Movold

- First 200 people to join the hype team meet and greet will receive a Clif Family Winery splash of something special upon entry
- Clif's Chef Magnus will join with prepared snacks for consumption
- Craft a mocktail with nuun
- Make a Hype Sign for your favorite runner
- Download our race day playlist
- Stick around for a short Q&A with PJ and Jess at 2:15pm for a race day hype sesh!

2:00pm – 5:00pm - Wine and Beer Pouring – Fountain Courtyard

- Enjoy wine and beer tastings from our partners, Naked Wines and Napa Smith, in a commemorative glass for \$10.

5:00pm & 6:30pm – Pasta Dinner – Meritage Ballroom

The pasta dinner this year will be held in two seatings to accommodate the maximum number of guests.

6:00pm – Health and Fitness Expo Closes