



Health and Fitness Expo Schedule

- 8:15am** **Shake out Run – Meet in front of Meritage Lobby**
Join us for an easy shakeout run the morning before the Kaiser Permanente Napa Valley Marathon and Half Marathon! The route will take runners from the Meritage Resort up to the crusher and surrounding areas for 3 miles. This run is FREE to join and open to everyone. We will meet in front of the Meritage Resort Lobby at 8am on Saturday, March 4. Run will begin promptly at 8:15am.
- 9am** **Health and Fitness Expo Opens – Various Locations**
Oakville Terrace and Carneros Ballroom
Legacy Runner Lounge in Trinitas (Carneros Ballroom)
- 10:30am** **How to Run the Course, led by veterans – Pavilion**
How to run a successful race at the Napa Valley Marathon and Half Marathon with 44-time finisher, Steve Radigan, Kevin Pool, 2013 champion, and Shari Costanzo, local runner, coach and several time finisher.
- 11am-1pm** **Wine and Beer Pouring**
Enjoy complimentary wine and beer tastings from our partners, Chandon and Bella Snow.
- 2pm-5pm** **Wine and Beer Pouring**
Enjoy complimentary wine and beer tastings from our partners, Naked Wines and Napa Smith Brewery.
- 2:15pm** **Comedy Warm Up with Laura Green**
- 2:30pm** **Social Media and the Sport of Running**
Join journalist Erin Strout in her discussion with videographer and photographer Tony DiPasquale, comedic social media maven Laura Green, and More Than Running podcast host and Citius Mag contributor Dana Giordano as they explore how digital media is changing the sport of running.
- 5pm-6:30pm** **Pasta Dinner – Pavilion**
Pasta dinner this year will be held for 90 minutes so people can come as they please.
- 6pm** **Health and Fitness Expo Closes**