

SCHEDULE

EXPO STAGE

Friday, April 17

- 3:10pm Health & Fitness Festival Welcome and Overview
- 3:15pm Informational Chat: Nutrition for Runners
with clinical dietician Danielle Armbrust, RD
- 3:35pm Community Workout: Metabolic Burn
- 3:50pm Informational Chat: Strength Training for Runners
with physical therapist Jon Heger, DPT, MBA, CSCS
- 4:10pm Community Workout: Functional Strength Circuit
- 4:25pm Informational Chat: Running through Your Ages and Around the World
with Dr. Timm Vedder
- 4:45pm Community Workout: Yoga for ALL
- 7:30pm 5K Awards & Door Prizes

Saturday, April 18

- 7:30am Guided Pre-Race Yoga & Stretching for Runners
led by Shanti Yoga Center
- 9:30am Guided Post-Race Yoga & Stretching for Runners
led by Shanti Yoga Center
- 11:30am Half Marathon Awards and Door Prizes



ORTHOPEDICS



EARTH DAY RUN