

SESSIONS

March 2, 2019

Music City
ENDURANCE SPORTS
SUMMIT & EXPO

Presented by

FIT STUDIO

10:30AM

Perfect Sports Nutrition Plan

Speaker: Amanda Foland

11:15AM

Juggling Training & Racing With Life's Responsibilities

Panel: Kirsten Sass, James Crumlin, Mandy Oakes, Marty Bonick, Joe Fleenor (Moderator)

12:15PM

Power of Having a Coach

Panel: Conrad Goeringer, Heather Raymond, Barry Baird, Nick Matthews, Keats McGonigal of IRONMAN (Moderator)

1:15PM

Keynote Address: What The Fire Ignited

Speaker: Shay Eskew

2:15PM

Elite Athlete Panel Discussion

Panel: Ashley Whitney, Scott Wietecha, Kirsten Sass, Thad Beaty (Moderator)

CLINICS

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The Foundation of the Your Stride: Using Posture to Maximize Each Step

Speaker: David Jennings, Johnson & Hayes PT

11:00AM

Yoga for Endurance Athletes

Speaker:

11:45AM

Taping for Endurance Athletes

Speaker: Josh Orendorf, Paceline PT

12:30PM

Wattage & Cadence & Threshold...Oh My! Cycling Clinic

Speaker: Brandon McKnight, RB's Cyclery

2:15PM

Strength / Cross Training for Endurance Athletes

Speaker: Dan Williams, Life Time Athletic