

2023 RACE-MANIA SUMMIT & EXPO: SCHEDULE OF EVENTS

Required (Free) = You needed to pre-register online or you must register at the Information Booth (space permitting)

Required (\$) = You need to pre-register online or visit the Info Booth for pricing & availability 1st come, 1st serve = Just show up! FULL = No longer accepting registrations

Program	Registration Status as of 3-18-19	Topic	Start	End	Location
Swim Smooth Clinic - Peter Russo, Russo Racing	Required (\$)	Swimming	08:00	11:30	Pool, Lower Level 1
Becoming A Successful Time Crunched Endurance Athlete; Presented by Colin Cook:	1st come, 1st serve	Training/Wellness	09:00	09:40	Dance Theater, Lower Level 1
FastSplits Indoor Bike Time Trial: First heat of the day	Required (\$)	Cycling	09:00	10:00	Expo, Lower Level 1
Complementary Wellness Screens given by Professional Physical Therapy	FULL	Training/Wellness	09:00	01:00	Room L132, Lower Level 1
Advanced Freestyle: Maximizing the Speed Equation - Sue Sotir, Breakthrough Performance Coaching	Required (\$)	Swimming	09:00	10:30	Pool, Lower Level 1
EXPO OPENS & GOODIE BAG DISTRIBUTION BEGINS			09:30	05:00	Expo, Lower Level 1
The TB12 Method and the Race Athlete; James J. Castrello and Matt Denning, TB12 Body Coaches	1st come, 1st serve	Cycling	09:45	10:10	Dance Theater, Lower Level 1
Progressive Core Training with the COR-XT System presented by Keith Callahan	1st come, 1st serve	Training/Wellness	10:00	11:00	Room L131, Lower Level 1
Fueling for Racing and Recovery: What, When and How; presented by Anne Rollins	1st come, 1st serve	Cycling	10:15	10:40	Dance Theater, Lower Level 1
Swimming with Purpose: The Key to Faster Triathlon Swim Times led by Tony Rich, EventHorizon Endurance Sport	Required (\$)	Swimming	10:15	12:00	Pool, Lower Level 1
ChiRunning: Level 1 - Vince Vaccaro, Master ChiRunning Instructor	Required (\$)	Running	10:30	12:30	Indoor Track, 3rd floor
Foundational Health for Runners: The Key to Performance; presented by Michael Silva	1st come, 1st serve	Cycling	10:45	11:00	Dance Theater, Lower Level 1
GRAND PRIZE #1: RaceQuest Travel 2024 Challenge Roth package - Winner need not be present	Reg by 3/11 req'd	GRAND PRIZE	11:00		Expo; winner need not be present
Meet & Greet with Chelsea Sodaro at the Max Performance booth	1st come, 1st serve		11:00	12:00	Expo, Max Performance booth
Fueling the Female Athlete presented by Nancy Gomes	1st come, 1st serve	Nutrition	11:00	11:25	Room L118, Lower Level 1
Unleash Your Mind, Unleash Your Potential: A Path to Success in Sport; Presented by Emily Saul	1st come, 1st serve	Swimming	11:15	11:40	Dance Theater, Lower Level 1
Making Endurance Sports Accessible; presented by Brendan Aylward and Kyle Robidoux	1st come, 1st serve	Triathlon	11:45	12:10	Dance Theater, Lower Level 1
Relay Team Swim Challenge	FULL	Swimming	11:45	01:00	Pool, Lower Level 1
Application of the TB12 Method; led by TB12 Asst Head Body Coaches Joe Koudelka, DPT, CSCS + Christian Boucher, DPT,	1st come, 1st serve	Running/Training	12:00	01:00	Room L131, Lower Level 1
Strength for Runners: Why & How presented by Michael Silva	Required (\$)	Running/Training	12:00	01:00	Room L118, Lower Level 1
Boston Marathon - 50 Years Running; presented by Dave McGivray	1st come, 1st serve	Cycling	12:15	12:40	Dance Theater, Lower Level 1
Swim Smooth Clinic - Peter Russo, Russo Racing	Required (\$)	Swimming	12:30	04:00	Pool, Lower Level 1
KEYNOTE: Q&A with 2022 IRONMAN World Champion Chelsea Sodaro moderated Karen Smyers	1st come, 1st serve		01:00	02:00	Dance Theater, Lower Level 1
Advanced Freestyle: Maximizing the Speed Equation with Sue Sotir, Breakthrough Performance Coaching	Required (\$)	Swimming	02:00	03:30	Pool, Lower Level 1
Training Zones Explained; presented by Kristen Lamb	1st come, 1st serve	Training	02:10	02:35	Dance Theater, Lower Level 1
Sports Cardiology Update: For Athletes with a Heart; presented by Brian Z. Bilchik, MD	1st come, 1st serve	Cycling	02:40	03:05	Dance Theater, Lower Level 1
Cycling Display of Power: Cycling for Performance; presented by Tony Rich	1st come, 1st serve	Training/Wellness	03:10	03:35	Dance Theater, Lower Level 1
Going Faster for Longer: How to Accurately Measure Fitness and Individualize Training; presented by Arnar Larusson	1st come, 1st serve	Inspiration	03:40	04:15	Dance Theater, Lower Level 1
GRAND PRIZE #2: RaceQuest '23 IRONMAN World Champs Travel Package - WINNER MUST BE PRESENT	Reg by 3/11 req'd	GRAND PRIZE	4:30		Expo; winner MUST be present
EXPO CLOSES				05:00	Expo, Lower Level 1

2023 PLATINUM SPONSORS

