



CLINICS AT THE TANDBERG INTERACTIVE ZONE



The Army Ten-Miler is pleased to present speakers from varied backgrounds on running and fitness. All the clinics are free and open to the public. After Donna “The Animal” Wilkinson’s clinic, she will be signing autographs and available for interviews. Katherine Tallmadge can be found at booth 111 on both expo days.

FRIDAY, OCTOBER 2

11:30 AM – 12:30 PM

IMPROVE HEALTH, WELLNESS, VITALITY & PERFORMANCE

An interactive, motivational, inspirational, fun, information-packed sessions focus on your needs, your challenges and your concerns. Tallmadge’s real life experience, proven track record and practical how-to solutions will provide the boost you need. Some of the topics to be covered during this hour long clinic: fitness, diet and walking to keep in shape.

About the Speaker – Katherine Tallmadge

Nationally recognized health, wellness, diet and nutrition expert, speaker, noted author, and columnist, Katherine Tallmadge, works with individuals and organizations to improve health and wellness.

Tallmadge has designed and delivered presentations for clients such as: The White House Athletic Center, The Smithsonian, National Geographic, PricewaterhouseCoopers, National Association of Manufacturers, and many more.

Tallmadge is a national spokesperson for the American Dietetic Association, the author of *Diet Simple*, and a frequent guest in the media.

A licensed and registered dietitian, Katherine has a B.S. in nutrition and an M.A. degree in behavioral sciences, unique qualifications.





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3:00 PM – 4:00 PM

IMPROVING YOUR RUN

This clinic is a guide for runners that include topics from pre-race diet, proper warm up, fueling during the race, pacing for a ten-miler and other race strategies. Harvey is an elite/masters runner and coach who can give all runners valuable tips in preparing for your race and improving your performance.

About the Speaker- Alisa Harvey

Alisa Harvey is a Northern Virginia native who has dedicated her life to athletics since her high school days. She attended the University of Tennessee (Knoxville) where she was the 1986 NCAA Champion in 1500 M and a 9-time All-American.

Alisa was the 1991 Pan-American Gold Medalist (1500M) and Silver Medalist (800M). In addition to track, Harvey also enjoys racing on the roads in any distance from 5K to Marathon. She is a 4-time women's overall champion at the ATM and posted her personal best of 2:49:26 at the 1999 Richmond Marathon.



4:30 PM – 5:30 PM

SUCCESSFUL EVENT PLANNING THROUGH PROJECT MANAGEMENT

This clinic applies classic project management principles to the special event planning process. Whether you manage a race, a special event, or a special project within your organization, this information can be widely applied.

About the Speaker – Jim Vandak



Jim Vandak holds a PMP certification and has served as the Director of the Army Ten-Miler (ATM) since 2000. He is an accomplished project/event director with over 20 years experience in business development and program management.

During his tenure, Vandak has strategically developed the Army Ten-Miler brand, increased participation from 8,900 to 30,000 runners, and generated over \$1.2 million for soldier and soldier family MWR programs.

Produced by the U.S. Army Military District of Washington, the Army Ten-Miler is a \$2.2 million MWR program with 30,000 participants, 1,200 volunteers, 50 contractors, and up to 17 commercial sponsors.

RUN STRONG ★ RUN ARMY



CLINICS AT THE TANDBERG INTERACTIVE ZONE



SATURDAY, OCTOBER 3

9:45 AM – 10:45 AM

RUN LONG, RUN STRONG AND STAY OUT OF THE DOCTOR'S OFFICE

Dr. Pribut will lecture on the best running practices from a Podiatric Sports Medicine perspective. Whether you are injury-free or injury-prone, Dr. Pribut will aim to provide advice so that all runners can try their best to avoid visiting his office in the near future.

About the Speaker – Dr. Stephen Pribut

Dr. Pribut is a past president of the American Academy of Podiatric Sports Medicine and serves on the Runner's World Board of Advisors. In 1995, he created one of the first sports medicine web sites, which has been viewed by millions of athletes. His site is still a popular one for runners. He practices podiatric sports medicine in Washington, D.C. and is a Clinical Assistant Professor of Surgery at George Washington University Medical School. Dr. Pribut has run in events from 200 meters to the marathon and enjoys treating athletes of all caliber.



11:00 AM – 12:00 PM

HEALTH AND WELLNESS

As a professional consultant for wellness, Wilkinson believes that as you learn to heal your mind, your body will heal; and as you enhance your body's health, you are free to experience life at a greater level. When you open your mind and spirit to greater levels of healing, expansion and expression everything else is possible. Wilkinson will speak on the impact of personal attitude and the home environment as it relates to health, healing and personal well being.

About the Speaker – Donna "The Animal" Wilkinson

Wilkinson was a 2003 All-Star Running Back and a Divas Team Captain. Wilkinson is the 1st woman in NWFA history to rush for over 1000 yards in a season, and led the league in rushing in 2003 with 1,267 yards in 10 games and was the Divas offensive MVP. That year she became the 1st female in history to win the Washington Pig Skin Club "John W. Posey" award for professional athlete of the year.

Wilkinson also works independently as a professional wellness consultant with the Nikken Corporation. Through this vehicle, she is able to live and share a revolutionary foundational concept to wellness that offers a new concept in prevention which provides a greater opportunity for health and well being.



RUN STRONG ★ RUN ARMY

12:15 PM – 1:45 PM

SOLUTIONS FOR YOUR FEET & PREPARING FOR THE RACE

Millie Daniels from Foot Solution will be speaking about solutions for your feet, new cross training exercises and balance walking. Sue Bozgoz will be talking about race day preparation-everything you need to know before you show up to run.

About the Speaker – Coach Bozgoz

Bozgoz is a U.S. Army Lieutenant Colonel (Retired) former All-Armed Forces/All Army marathoner and track runner. Coach Bozgoz has coached more than 10,000 walkers and runners and has completed 52 marathons herself. Bozgoz's recent coaching endeavor includes coaching a 22 international member team during the inaugural Blue Planet Run, an unprecedented non-stop around the world relay run to raise awareness and funds for safe drinking water projects across the globe.



2:00 PM – 3:00 PM

PACE YOUR RACE AND RACE YOUR PACE: HOW TO AVOID BONKING BY RUNNING SMARTER

This clinic will feature a pace team of 11 seasoned pacers to help runners achieve their race goals with times ranging from 7 to 13 minutes per mile. The clinic will present information on pace teams at length including how they work, what the benefits are and what to expect when running with a pace team. Participants will also have an opportunity to meet many of the pacers on the team and learn effective strategies for completing a race with a position experience. The clinic will also feature training tips in order to ensure runners' pace goals are realistic on race day.

About the Speaker – Emily Grossman



At 34 years old, Emily Grossman has been a recreational runner for 20 years and a competitive runner for the past 4 years. She is currently a certified endurance running coach with the DC Road Runners going on 2 years and an outdoor camp instructor. This year, she is the Director of Training for the ATM's exclusive training program through DC Road Runners. In addition to coaching and training others, she is an ultra-marathoner having completed 4 races of 50K to 50 miles in the past year and 10 road marathons, including Boston in 2009. 4 of the marathons earned her awards in her age group and her 10 mile Army personal best is 75 minutes.

On the side, Emily is also a pacer for the Under Armour Pace Team and will be pacing the Baltimore Marathon as part of the GEICO pace team this fall.

3:15 PM – 4:15 PM

FIT FOR DUTY

Lourey will lecture on Pilates and its effect on running performance and recovery. Running is a high impact activity that puts great stress on the lower back and lower joints. Imbalances in the legs and hips can cause pain and injury to a runner, especially the knee and hip. Pilates helps to balance things out in the legs by strengthening the hamstrings, inner thighs, and glutes leading to better alignment and less chance of injury.

About the Speaker – Lisa Lourey



Lisa Lourey is a veteran of the US Army, having served 21 years of service before retiring as a Major. She is featured as one of the fitness professionals on the Pentagon Channel's exercise program, "Fit for Duty." She has served 15 years in the fitness industry and teaches a variety of groups and private exercise classes throughout Northern Virginia and Washington, DC and maintains a private studio in Lorton, Virginia. Lourey's certifications include the Aerobics and Fitness Association of America (AFAA) Group Exercise Instructor, Zumba ©, Peak Pilates © Level II, Yoga Fit,

Peak Pilates © Multi-Versatility Equipment (MVe) Fitness Chair, and Spinning©. She is an avid runner and has completed 40 marathons, with a goal of reaching 50 marathons by 50 years of age. She runs each race in memory of her husband, CW4 Matthew Lourey, who was killed in action in Buhriz, Iraq, 26 May 2005.

4:30 PM – 5:30 PM

RUN GENTLY

"Run Gentle with ChiRunning®" blends the principles of T'ai Chi with proper biomechanics for a smooth, efficient, low impact method of exercise. The technique emphasizes: proper posture for less fatigue and better breathing, using your core muscles, engaging gravity to run more easily, relaxing the arms and legs and thus reducing your risk of injury, and using your upper body to help you go faster with less leg effort.

About the Speaker – Gwen Anderson

Gwen Anderson is a certified instructor of ChiWalking and ChiRunning. Anderson holds instructional classes in Maryland and Washington DC. Gwen Andersen is an adjunct professor of ChiRunning at George Washington University. Visit <http://runggently.com> for more information.

