

Lecture Schedule		Evaluations	Speakers
<b>Room C</b>		<b>SWIM*</b>	<b>John Connors, DPM</b> Board Certified Sports Specialized Podiatrist
8:30am	<b>Total Immersion Swimming: Learn How to Have an Efficient Swim Stroke</b> Thea Skanes	11:30a-5p <b>Total Immersion</b> Thea Skanes	<b>Keith Cook</b> USA Triathlon Level 1 Certified Coach USA Cycling Level 1 Certified Coach CNT, Personal Trainer
9:35am	<b>Running Movement Simplified and How to Train to Maintain It</b> Jessi Stensland	<b>BIKE FIT*</b> <b>Brielle Cyclery</b> Kathy Penna	<b>Gerardo Goldberger, DO</b> Board Certified Sports Medicine Orthopedic Surgeon Ironman & Triathlon Medicine Chairman, Department of Orthopedic Surgery Ironman Triathlete
10:40am	<b>Attitude and Goal Setting</b> Matt Long	<b>Cycles 54</b> Christian Young	
11:45am	<b>Bike Fitting &amp; Aerodynamics</b> Paul Levine	<b>Signature Cycles</b> Paul Levine	
12:50pm	<b>Tara Norton Shares Her Story of Overcoming Challenges &amp; Enormous Odds Through an Athletic Cultivation of Mental Strength</b> Tara Norton	<b>RUN*</b> 9a-5p <b>Sneaker Factory</b> Mike Conforti *First come, first serve. By appt only	<b>Moira Horan</b> USA Triathlon Level 1 Certified Coach Co-founder, StayStrong Multisport Coaching Co-Race Director, Jersey Girl Triathlon
1:55pm	<b>The Female Athlete</b> John Connors, DPM	<b>EXPO EVENTS</b> <b>Active Release Therapy</b> Robert Beam, Jr., DC	<b>Karen Kozel, DPT</b> Physical Therapist, Advanced Physical Therapy Running & Sports Specialist
2:30pm	<b>Kinesiotaping</b> Karen Kozel, DPT	<b>Active Release Therapy</b> Michael Lynch, DC	<b>Paul Levine</b> Founder, Signature Cycles Master bike fitter
3:05pm	<b>Long Course Triathlon Nutrition: How to Plan Your Nutritional Strategy for Half &amp; Ironman Distance Racing</b> Brian Shea	<b>Active Release Therapy</b> Liz Perez, DC	<b>Matt Long</b> 17-year Veteran of the FDNY Founder, I WILL FOUNDATION Men's Fitness "Top 25 Fittest Men in the World 2010" 2010 Top Ten "Man of the Year" by Men's Health Author, "The Long Run"
4:10pm	<b>Mental Toughness</b> Donna Marzo, PsyD	<b>Book Signing/"The Long Run"</b> Matt Long	
4:45pm	<b>Strategies for Creating Injury Resistance &amp; Efficiency in Endurance Performance</b> Jessi Stensland	<b>Kinesiotaping Q&amp;A</b> Karen Kozel, PT, DPT	<b>Donna Marzo, PsyD</b> Licensed Psychologist, Specialized in Exercise & Sports Psychology Athlete/Owner, MindMuscle
<b>Room B</b>		<b>Nutritional &amp; Training Q&amp;A</b> Brian Shea, PBN Special Guest Craig Segal, 3x Winner of the Spring Lake 5	
2:30pm	<b>Time Management: What Do You Do When Your Schedule Changes &amp; You Have to Workout?</b> Jason Santarcangelo	<b>Retul Bike Fitting Technique</b> The Peddler Ati & Christine Bekes	<b>Tara Norton</b> Professional Ironman Triathlete Coach & Founder, Absolute Endurance
4:10pm	<b>Strength Training for Triathletes</b> Keith Cook	<b>Lunch &amp; Lessons with the Pros Room A</b> Scott DeFilippis Joceline Wong, Team- The Bike Boutique	<b>Jason Santarcangelo</b> USA Triathlon Level 1 Certified Coach Founder, Team NRGY, LLC
		<b>Lunch &amp; Lessons with the Pros Room B</b> Jacqui Gordon Team- Trakkers Tara Norton	<b>Brian Shea</b> Triathlon & Running Coach Founder & Owner, Personal Best Nutrition
			<b>Thea Skanes</b> Certified Total Immersion Swim Coach (2010) USA Triathlon Level 1 Certified Coach USA Cycling Level 3 Certified Coach
			<b>Jessi Stensland</b> Elite Endurance Athlete & Movement Specialist Founder, Movement U (2009)

**Times & additional events to come**