



### Friday August 8<sup>th</sup>

### Expo Hours 11am – 7pm

12:00pm – Dr. Maharam  
12:30pm – Coach Jenny Hadfield  
1:00pm – John “The Penguin” Bingham

4:30pm – Dr. Maharam  
5:00pm – Coach Jenny Hadfield  
5:30pm – John “The Penguin” Bingham

### Saturday August 9<sup>th</sup>

### Expo Hours 9am – 6pm

10:30am – Dr. Maharam  
11:00am – Coach Jenny Hadfield  
11:30am – John “The Penguin” Bingham

2:00pm – John “The Penguin” Bingham  
2:30pm – Coach Jenny Hadfield  
3:30pm – Dr. Maharam

### Meet the speakers:

**John "The Penguin" Bingham** has been called the Pied Piper of the second running boom—and for good reason. Since his column, "The Chronicles," started in *Runner's World* magazine in May of 1996, John "The Penguin" Bingham has become one of the running community's most popular and recognized personalities.

Through his books and his *RW* column, now published in every English edition of *RW*, Bingham has inspired a generation of new runners to find joy in walking, running, and racing. His transformation from a life of "sedentary confinement" to marathoner has become a model for people of all ages and abilities. Once an overweight couch potato, he looked mid-life in the face—and got moving. Since then, he has participated in over 25 marathons and hundreds of 5K and 10K races.

**Coach Jenny Hadfield** is a published author of three books (*Marathoning for Mortals*, *Running for Mortals*, *Training for Mortals*), writer, coach, speaker and endurance athlete. She has a Bachelor's degree in Exercise Physiology, a Masters Degree in Exercise Science and is a certified coach and personal trainer.

She is a Columnist and Running Coach for Health Magazine, writes an "Ask Coach Jenny" blog for RunnersWorld.com, and has written for Cooking Light, Her Sports, the Chicago Tribune, and Chicago Athlete Magazines. Come listen to Coach Jenny speak about your post Chicago Distance Classic training and recovery methods and how to make the best plan for race day.

**Dr. Maharam, Medical Director of the Chicago Distance Classic**, is the world's premier running physician. He is a sports medicine specialist practicing in New York City and is Medical Director of the New York Road Runners, ING New York City Marathon and Elite Racing's Musical Marathons throughout the country. You can read Dr. Maharam's column "Ask Running Doc" at [www.runnersworld.com](http://www.runnersworld.com). Come listen to Dr. Maharam tell you how to stay safe and healthy race day.