

FULL WELLNESS FAIR & EXPO SCHEDULE

We'll be updating this schedule on a rolling basis, so make sure to check back closer to race day for any new events and activity details!

TIME	SHAKEOUT RUNS	COOKING CLASS	YOGA/MOBILITY	MILK STAGE	SPEAKER STAGE	HAIR BRAIDING	
7 AM	7:30am Hosted by rabbit						
8 AM							
9 AM							
	9:30am Hosted by Fleet Feet	10:00am - Wellness Fair & Expo Opens					
10 AM				All Day DJs and Musical Acts		All Day (No Registration Necessary)	
11 AM		11:00am-11:45am Deena Kastor	11am-11:45am Yoga Flow				
12 PM			12:15pm-1:00pm Yoga Flow		12:30pm-1:00pm The Power of Running Communities		
1 PM		12:30am-1:15pm Deena Kastor	1:30pm-2:00pm Mobility Flow				
2 PM			2:30pm-3:00pm Mobility Flow				
3 PM		2:30pm-3:15pm Roxana Ehsani			3:00pm-3:45pm Conversation with Race Captains		
4 PM		4:00pm-4:45pm Roxana Ehsani	4:00pm-4:30pm Mobility Flow				
5 PM			5:00pm-5:45pm Yoga Flow		All Day DJs and Musical Acts		5:00pm-5:45pm Easy Tips and Strategies for New Marathon Runners from World Champions & Olympic Runners
6 PM		6:00pm-6:45pm Kay Heritage from Big Bon Bodega					
7:00pm - Wellness Fair & Expo Closes							