



## TRI-PALOOZA EXPO AND CLINICS SCHEDULE

Friday February 20<sup>th</sup>

**TRI-Palooza Friday! Take the day off from work and come hang out with us all day! All of the clinics, demos, and Q&As are FREE! Parking on the street near the Hilton San Diego Resort and Spa is free as well. Bring your friends!**

7:30: **Group Run!** We kick things off with a group run with UltraMarathon Man **Dean Karnazes, Lesley Paterson, Tim DeBoom, Ben Hoffman** – and other legends – from the TRI-Palooza Expo at the Hilton San Diego Resort & Spa.

9:00: **TRI-Palooza Expo Opens!** The first 50 people to enter the Expo will receive an awesome Kaiser Permanente carbon filter water bottle valued at \$25!



9:00 - 5:00: Visit the **Marc Pro** post-run recovery area at their booth. Pull up a lounge chair and let the **Marc Pro** do the work to loosen up your muscles, flush waste, and get you recovered and race ready!

9:00 - 5:00: Test out a pair of **HOKA** running shoes at the HOKA ONE ONE Booth.

9:00 - 9:30: Our **Breakfast with Bob from TRI-Palooza** Q&A Series kicks off with **Bob Babbitt** interviewing **Dean Karnazes** about his career. After the interview, Dean will be available at the TRI-Palooza Autograph Table from 9:30 – 10:00 to chat, take photos, and autograph his book, which will be on sale.



10:00 - 3:00: **Jay Weber** and the team from **XTERRA** will be leading Stand Up Paddle demos and clinics on the water.

10:00 - 4:00: **BMC Bicycles** will have their Demo Van parked at the Expo so people can try out the world's best bikes. Make sure to bring your helmet, shoes, and pedals.

10:00 - 10:45: **Coach Jim Vance** from Training Bible will present a clinic on **Training with Power**. Coach Vance will be available for follow-up questions at the TRI-Palooza Autograph Table from 10:45 – 11:00.

11:00 - 11:45: **Coaches Felipe, Luke, and Chris** from Breakaway Training will present a clinic on **Natural Running**. The coaches will be available for follow-up questions at the TRI-Palooza Autograph Table from 11:45 – 12:00.

12:00 - 12:30: **Breakfast with Bob from TRI-Palooza** continues with **Bob Babbitt's** Q&A with the last American to win the Ironman World Championship, two-time champion **Tim DeBoom**. Tim will be available at the TRI-Palooza Autograph Table from 12:30 – 1:00.



1:00 - 1:45: The 1981 Ironman champion **John Howard**, who has coached 180 national champions and 20 world champions, will present a clinic on some of his **Innovative Secrets of Success**, including personalizing your bike set up, quick altitude tuning, and fast twitch recruitment. John will be available for follow up questions at the TRI-Palooza Autograph Table from 1:45 – 2:00.

2:00 - 2:30: **Breakfast with Bob** continues with **Bob Babbitt's** Q&A with the 1984 Olympic Silver Medalist in the Match Sprint, **Nelson Vails**. Nelson will be available at the TRI-Palooza Autograph Table from 2:30 – 3:00.

2:00 - 6:00: Packet Pick Up, Sign Up, and Course Talks for the **UCSD Tritonman Triathlon**. The half Olympic distance triathlon is Sunday February 22<sup>nd</sup> at nearby Fiesta Island, the birthplace of triathlon. Course talks at 3:00, 4:00, and 5:00. Get there before 5:00 and get some extra goodies!

3:00 - 3:45: **Gino Cinco PT**, Active Release Technique Instructor, and owner of **FunctionSmart Physical Therapy** will present an injury-prevention clinic: **How to Avoid 5 Overuse Injuries in Triathlon**. Learn what key muscles you need to keep healthy. Gino will be available for follow-up at the FunctionSmart booth from 3:45 – 4:00.



4:00 - 4:30: **Breakfast with Bob from TRI-Palooza** continues with **Bob Babbitt's** Q&A with **Ben Hoffman**, who became the first American since Tim DeBoom in 2002 to finish on the podium at the Ironman World Championship when he took second in Kona this past October. Ben will be available at the TRI-Palooza Autograph Table from 4:30 – 5:00.

## 5:00: Main Expo Closes

Packet Pick Up, Sign Up, and Course Talks for the **UCSD Tritonman Triathlon** continues until 6:00 in the front of the Expo hall.

Schedule as of 2/16/15



## TRI-PALOOZA EXPO AND CLINICS SCHEDULE

**Saturday February 21<sup>st</sup>**

**All of the clinics, demos, and Q&As are FREE! Parking on the street near the Hilton San Diego Resort and Spa is free as well. Bring your friends!**

8:00: **Group Run** presented by **Hoka!** We kick things off on Saturday with a group run with **Dave Scott, Dean Karnazes, Ben Hoffman, Lesley Paterson,** and **Tim DeBoom** from the TRI- Palooza Expo at the Hilton San Diego Resort & Spa.

9:00: **TRI-Palooza Expo Opens!** The first 50 people to enter the Expo will receive an awesome Kaiser Permanente carbon filter water bottle valued at \$25!



9:00 - 2:00: Visit the **Marc Pro** post-run recovery area at their booth. Pull up a lounge chair and let the **Marc Pro** do the work to loosen up your muscles, flush waste, and get you recovered and race ready!

9:00 - 2:00: Test out a pair of **HOKA** running shoes at the HOKA ONE ONE Booth.

9:00 - 2:00: Test out an **ElliptiGO** in front of the Expo Hall.



9:00 - 9:30: Our **Breakfast with Bob from TRI-Palooza** Q&A Series kicks off on Saturday with **Bob Babbitt** interviewing 6-time Ironman World Champion **Dave Scott** about his career. Dave will be available at the TRI-Palooza Autograph Table to chat and take photos from 9:30 – 10:00. Presented by **EAS Sports Nutrition**.

10:00 - 2:00: **Jay Weber** and the team from **XTERRA** will be leading Stand Up Paddle demos and clinics on the water.

10:00 - 10:30: Our **Breakfast with Bob** continues with **Bob Babbitt** interviewing Ultramarathon Man **Dean Karnazes** about his career. Dean will be available at the TRI-Palooza Autograph Table to chat and take photos from 10:30 – 11:00.

11:00 - 11:45: The 1981 Ironman Champion and Legendary Coach **John Howard**, who went 152 mph on the Bonneville Salt Flats, to set the land speed record on a bike, is now training top cyclist **Denise Mueller** to break the Land Speed Record in 2015. **John Howard** and **Denise Mueller** will take us through the training program they are using to build the power she will need to become the fastest woman on two wheels. John and Denise will be available at the TRI-Palooza Autograph Table to chat and take photos from 11:45 – 12:00.

12:00 – 4:00: Packet Pick Up, Sign Up, and Course Talks for the **UCSD Tritonman Triathlon**. The half Olympic distance triathlon is Sunday February 22<sup>nd</sup> at nearby Fiesta Island, the birthplace of triathlon. Course talks at 1:00, 2:00, and 3:00.

12:00 - 12:30: Our **Breakfast with Bob from TRI-Palooza** Q&A Series continues with **Bob Babbitt** interviewing the Iron Icons, **Kathleen McCartney** and **Julie Moss**, about their classic February 1982 race at the Ironman that put the event and the sport on the map. Kathleen and Julie will be available at the TRI-Palooza Autograph Table to chat and take photos from 12:30 – 1:00



12:00 – 1:00: Meet **Taylor Phinney** at the **BMC** booth for a special autograph session with one of America's premier cyclists.

## **2:00: Main Expo Closes**

Packet Pick Up, Sign Up, and Course Talks for the **UCSD Tritonman Triathlon** continues until 4:00 in the front of the Expo hall.

**Schedule as of 2/16/15**