

## 2011 Two Cities Marathon & Half Schedule of Events

**Friday - November 4<sup>th</sup> - 4 PM to 7 PM**

SPOC Health and Fitness Expo  
Chukchansi Park  
Downtown Fresno

**Saturday – November 5<sup>th</sup> – 10 AM to 6 PM**

SPOC Health and Fitness Expo  
Chukchansi Park  
Downtown Fresno

### **Jeff Galloway Running School, November 5<sup>th</sup> 2011**

8:00 AM to 11:00AM                      Cru Club @ Chukchansi Park

### **EECU Kid's Race Saturday, November 5<sup>th</sup> 2011**

11:00 AM	7 & Under	¼ mi.
11:15 AM	8-10	½ mi.
11:30 AM	11-13	¾ mi.
11:45 AM	14-17	1 mi.

### **Speakers for Saturday, November 5<sup>th</sup> 2011**

12:15 PM to 12:45 PM	Super foods vs. Super fads by Scott Swarthout, D.C.
1:00 PM to 2:00 PM	Last minute tips for running your best event by Jeff Galloway
2:15 PM to 3:00 PM	Nutrition for Runners by Felicia Gomez, Ph.D.
3:15 PM to 4:00 PM	Course Overview by Sherrie Flynn, Race Director
4:00 PM to 6:00 PM	Pasta Dinner Jeff Galloway will speak from 4:30 to 5:30

### **Two Cities Marathon and Half**

Sunday – November 6<sup>th</sup>. 6 AM to 2 PM

Course Opens @ 6am and Closes @ 1 pm

All participants need to move to the sidewalk once the course closes.

Finish line will close at 2 pm

Ultra-marathon start @ 7 AM

Marathon start @ 7 AM

Half Marathon Run, Walk & Relay start @ 7:30 AM

### **Awards Ceremony**

Woodward Park's Amphitheater Presented by Jeff Galloway

10:00am ½ Marathon and Relay

11:30am Marathon, Ultra marathon and ½ Marathon Walk