



CIM EXPO TALK SERIES SCHEDULE

FRIDAY, DECEMBER 5

12:45 p.m. - 1:30 p.m.

INCLUSION AND FINDING YOUR AUTHENTICITY IN SPORT J Solle

2:00 p.m. - 3:00 p.m.

THE FINAL PUSH: PREPARING FOR YOUR BEST CIM

Stephanie Dunlap

CIM Pace Team - 5:50 Group

Galen Farris

CIM Pace Team - 3:00 Group

Sean Garbutt

CIM Training Coordinator

Moderator: Scott Abbott

3:15 p.m. - 4:15 p.m.

POINTERS FROM A PRO Road To The Trials Podcast

4:30 p.m. - 5:30 p.m.

THE RISE OF WOMEN'S MARATHON TEAMS

Stephanie Bruce

Tracksmith Stamata

Moderator: Road To The Trials Podcast

SATURDAY, DECEMBER 6

11:00 a.m. - 11:45 a.m.

ELITE FIELD INTRODUCTIONS Moderator: Jeff Merrill

12:00 p.m. - 1:00 p.m.

THE FINAL PUSH: PREPARING FOR YOUR BEST CIM

Scott Abbott

CIM - SRA Executive Director

Andy Blow

Precision Fuel & Hydration

Moderator: Road To The Trials Podcast

1:30 p.m. - 2:15 p.m.

NEVER STOP WITH SUTTER HEALTH Moderator: Keegan Kirby

2:45 p.m. - 3:45 p.m.

GOING FOR IT: RACING TO YOUR HIGHEST POTENTIAL Moderator: Road To The Trials Podcast