

**Friday: Hours 11 – 6**

**12:00 noon – Course Tour – Learn what you need to know about the ING Philadelphia Distance Run course (ING Runners' Lounge)**

**1:00 pm – The Penguin Plan – From start to finish and all the questions in between with John Bingham, renowned columnist (ING Runners' Lounge)**

**2:00 pm – Press Conference (ING Runners' Lounge)**

**3:00 pm – Panel of Experts – John Bingham, Frank Shorter, Ryan Hall and Friends – (ING Runners' Lounge)**

**4:00 pm – Up Close and Personal with American Record holder Ryan Hall – (ING Runners' Lounge)**

**5:00 pm – Greg Meyer – Questions & Answers with the last American winner of the Boston Marathon – (ING Runners' Lounge)**

**Saturday: Hours 9 – 5**

**10:00 am – Greg Meyer – Questions & Answers with the last American winner of the Boston Marathon – (ING Runners' Lounge)**

**11:00 am – The Penguin Plan – From start to finish and all the questions in between with John Bingham, renowned columnist – (Clinic Area)**

**12:00 pm – Constantina Dita – Relive the 2008 Beijing Olympics with the Olympic Gold Medalist in the Marathon – (ING Runners' Lounge)**

**1:00 pm – Panel of Experts – John Bingham, Frank Shorter, Josh Cox, and Friends – (Clinic Area)**

**2:00 pm – Catherine Ndereba – Questions & Answers with 6 time ING Philadelphia Distance Run Champ, 2 time World Champion and 2 time Olympic Silver Medalist in the Marathon – (ING Runners' Lounge)**

**3:30 pm – The Penguin Plan – From Start to Finish and all the questions in between with John Bingham, renowned columnist – (Clinic Area)**

**4:00 pm – Course Tour – Learn what you need to know about the ING Philadelphia Distance Run course – (ING Runners Lounge)**