



**41st Allstate Sugar Bowl Crescent City Classic 10K
2019 Health & Fitness Expo Schedule
Hyatt Regency New Orleans**

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**Thursday April 18th, 2019- Health and Fitness Expo Day 1
Open from Noon to 8:00 pm**

Start time	End time	Presentation/Speaker/Organization
12:00	1:00	Kick off the Crescent City Classic Expo with a 2nd line- Get hyped up about the Crescent City Classic with Senior Citizen New Orleans/Metairie Humana members.
1:10	2:00	Zumba Join in with this energetic dancing guaranteed to put a smile on your face! JOIN Deborah Autin from Ochsner Elmwood Fitness Center for this FREE CLASS at the EXPO STAGE AREA! ALL AGES!
2:10	3:00	Relax and Roll Out the Kinks! Foam Roller demo and practice with Arthur Kirsch, MPT, OCS Physical Therapist, Moreau PT. Injury prevention and self-treatment of all types of potential problems around the hips, low back, thighs, neck, shoulders, feet, and who knows where else? Learn and participate, ask questions and “roll” yourself like a PRO! FREE class with Arthur Kirsch PTOCS!
3:10	4:00	“Is your Body Alkaline” - presented by Froot Orleans own Mannie-Food and Water specialist presents on “Is your body Alkaline?”

4:10	5:00	Race Prep for Runners- Presented by Tasc performance ambassador Jill Marie Kenyon who is an experienced marathon runner and RRCA Certified running coach.
5:10	6:00	SURF IT with CITY SURF FITNESS NOLA! Join the FUN and HANG 10 with Becky Hardin and Zac! This surfing adventure on dry land will help you tone muscles, burn fat and improve balance, agility and co-ordination. A full body workout with only good vibes! Yes, experience it here yourself! "Shoot the curl" in this free demo!!
6:10	7:00	Franco's- Power 30 with Franco's certified personal trainers Kyler Porce and Joey White P30: 30 minute unique circuit like structured class that guides the participant through 30 to 60 second intervals of high intensity work. An athletic workout that accommodates various levels of fitness. It improves cardiovascular fitness, increases speed, and maximizes calorie burn.
7:10	8:00	Run for It! CCC 10 K Charity Program. Join Run for It right here! It's NOT too late! A SPECIAL way to close out DAY ONE of this 41st Anniversary 2018 Allstate Sugar Bowl Crescent City Classic 10k Health & Fitness EXPO! Meet Hilary Landry, Chairman of this program and other very special people from this Charity Program – run with them, smile with them and support them!

Friday April 19, 2019 - Health & Fitness Expo – Day 2

Expo Open: 10:00 am- 8:00 pm

Early Morning Exercise Activities- Before Expo Opens

6:00 am- 7:00 am: November Project workout at Champions' Square!

Start your day early with the tribe leaders of November project New Orleans in Champions' Square – JUST SHOW UP! This will be an Energetic and Unique Workout. ALL Fitness levels are invited! The more the BETTER! A motivating experience and FREE to ALL! November Project is a Nat'l/Internat'l program regularly held in New Orleans. Great way to start the day whether you plan to run, walk or watch!

7:15 AM: Meet at the **LOBBY of HYATT HOTEL** for a **shake out** run!

7:30 am: 2 - 2.5 mile "SHAKE OUT" RUN/WALK All Runners and Walkers Invited!

Join Glenn Buck, Oschner Fitness Center, and other Featured EXPO Guests, for a short jog/walk down St. Charles Avenue from the Hyatt Regency New Orleans Lobby. A Relaxed, Social Run/Walk around and down St. Charles Avenue. Inspire yourself to your BEST CCC10k! Special treat for runners/walkers - ALL levels!

10:00 AM: Expo Hall Opens

Start Time	End Time	Presenter/ organization
10:00	11:00	Yoga For Runners: Instructor Mark Berger of Berger Fitness & Yoga. Perfect Yoga compliment for runners and all others! All invited to join this Free class! A yoga class with poses that are best for flexibility, mobility and relaxation! Bring a mat, stretch out. Experience the world of yoga and prevent injuries!
11:10	12:00	Athletes and vascular health: Presented by Dr. Gregory Crenshaw is a fellowship trained vascular surgeon.
12:10	1:00	Zulu Marching club 2nd line parade through the CCC 10k expo! Join this exciting unique New Orleans Festivity! Dance and parade with the krewe of Zulu and the witch doctor in full costume

		and with their musicians. This is truly a New Orleans Celebration!
1:10	2:00	Ochsner Eat Fit NOLA COOKING DEMO. Registered Dietitian Molly Kimball of Ochsner Eat Fit NOLA! with Dylan Maisel, owner of The Daily Beet. Learn to feed your body nutritiously AND incorporate favorite indulgences for a balanced, healthy way of eating. Enjoy and be inspired by a common sense approach to nutrition. YES, there will be tasty samples!
2:10	3:00	Professional Panel: Health, Wellness and Treatment of Common Running, Walking, Exercise Injuries with Medical Panel to answer YOUR questions! AVOID injury downtime! Learn from New Orleans Medical Professionals how to Exercise, Eat Nutritiously and Take Care of Yourself to get and stay healthy, avoid or treat an injury! LOCAL Health Professionals who are ALL avid exercisers!! Have a question? Get it answered! <ul style="list-style-type: none"> • Christopher Mercedel PA-C- Physician Assistant, Sports conditioning and Personal Training • Arthur Kirsch PTOCS- Physical Therapist Moreau Crescent City Physical therapy • Molly Kimball, RD, CSSD Nutrition Program Manager, Ochsner Hospital, Elmwood Fitness Center, Eat Fit Nola • Russell Russo MD board certified orthopedic surgeon, New Orleans east hospital chief of staff and sports medicine director, NOLA physician medical director, SUNO Team physician • Gregory Crenshaw MD Fellowship trained vascular surgeon
3:10	4:00	STEP IT UP AND MOVE YA BRASS!! Join SHANDA for this Movement NOLA Style Dance Fitness Experience known as “Bounce Ya Brass”. No dance experience is necessary to feel like you are in the midst of a 2nd Line! EXPERIENCE this exhilarating FREE class! All ages welcome!
4:10	5:00	Girl Trek- Finding joy in your workout How do you avoid fitness burn out? Do you struggle to get started or to stay motivated in your sport? Well, join us to learn how we use walking as a way to connect to our

		spiritual, physical and mental health as part of maintaining joy in our workout routine.
5:10	5:30	“Does Running cause arthritis? and Running with a knee replacement.” presented by Rober Duarte MD-orthopedic surgeon and sports medicine doctor
5:30	6:00	November Project! Rebecca Boudreaux , Joseph Morin, and Glenn Buck will introduce new meaning to Community, Acceptance, Support, Movement, Always There, and Just Show Up! Through documentary film and panel discussion they will present this DYNAMIC exercise program available in New Orleans and Internationally! EVERYONE is invited for this Motivating Experience!
6:10	6:30	Tips & Tricks for Reaching Your Running Goals presented by Jennifer Rhines a 3-time U.S. Olympian at 3 different distances (10k, marathon, 5k) Jen smooths out the learning curve for beginning runners and shares last-minute confidence boosters for runners of any ability.
6:30	7:00	Meet the Elites MEET the ELITE and FLEET! Meet Crescent City Classic 10k Elite Runners, Face to Face, Up Close and Personal! These special, gifted runners will be WAY in front of most of us! GREAT opportunity to see and meet them with introduction by Andrew Lilly, Crescent City Classic Elite Coordinator, followed by Q & A. Ever wonder how they started running, where they train, what they eat or how they avoid injury? This is your chance to find out! One of these runners will WIN this race!
7:10	8:00	Josh LaJunie and the MISSING CHINS Josh LaJunie, featured speaker at 2018 CCC10k Expo, is back again this year with an inspiring group called the “Missing Chins”. Josh and the Missing Chins will tell their stories, motivate you AND answer questions about their journey and life transformation through running! This is a story we all relate to in some way and their inspiration may be ours! As seen on Good Morning America and the TODAY show and in the New Orleans Advocate!