



**40th Anniversary Allstate Sugar Bowl Crescent City Classic 10k
2018 Health & Fitness EXPO Schedule
Hyatt Regency New Orleans**

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Training Director, Allstate Sugar Bowl Crescent City Classic 10k



**Thursday, March 29, 2018 - Health & Fitness EXPO - Day 1
EXPO OPEN: Noon – 8:00 pm**

HOURLY:	The CCC10k Charity Program, RUN FOR IT Introductions, information, and updates! Contact: Hilary Landry
12:00 – 1:00 pm:	ZUMBA: Yes! Start your EXPO afternoon 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!
1:10 – 2:00 pm:	Questions I Have About Exercise: To Exercise or Not? What IS the BEST Type of Exercise? How Do I Start? How Do I Progress? Should I Join a Class, Gym or Choose a Personal Trainer?: These are just a few of the questions that Glenn Buck, Personal Trainer, Ochsner Elmwood Fitness Center will talk about AND answer YOUR pressing questions. This will be a very informative and interactive session no matter whether you exercise or are a beginner!
2:10 – 3:00 pm:	RELAX and ROLL OUT THE KINKS: Foam Roller demo and practice with Adrienne Carriere-Stewart, DPT, Physical Therapist, Crescent City 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!

<p>3:10 – 4:00 pm:</p>	<p>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! FREE CLASS at the EXPO STAGE AREA! ALL AGES!</p>
<p>4:15 – 5:15 pm:</p>	<p>Josh LaJunie and the MISSING CHINS: Josh LaJaunie, featured speaker at 2017 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!</p>
<p>5:30 – 6:30 pm:</p>	<p>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 class!!</p>
<p>6:45 – 7:30 pm:</p>	<p>Introduction to NOVEMBER PROJECT: Mia Fredricks 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!</p>
<p>7:30 – 8:00 pm:</p>	<p>RUN FOR IT! The CCC10k Charity Program. Join <i>Run for It</i> right here! It’s NOT too late! A SPECIAL way to close out DAY ONE of this 40th 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!</p>

Friday, March 30, 2018 - Health & Fitness EXPO - Day 2
EXPO OPEN: 10:00 am – 8:00 pm

EARLY MORNING EXERCISE ACTIVITIES - BEFORE EXPO OPENS

<p>6:00 - 7:00 am:</p>	<p>November Project Workout: Start your day early with Mia Fredricks and NOVEMBER PROJECT in Champions' Square – JUST SHOW UP for this Energetic and Unique Workout. EVERYONE is invited! The more the BETTER! A motivating experience and FREE to ALL! November Project is a National/International program regularly held in New Orleans. Great way to start the day whether you plan to run, walk or watch!</p>
<p>7:30 am:</p>	<p>2 - 2.5 mile "SHAKE OUT" RUN/WALK 7:15 AM: MEET LOBBY OF HYATT HOTEL. 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!</p>

10:00 AM: EXPO HALL OPENS

<p>HOURLY:</p>	<p>The CCC10k Charity Program, RUN FOR IT! Introductions, information, and updates! Contact: Hilary Landry</p>
<p>10:00 – 10:50 am:</p>	<p>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!</p>
<p>11:00 – 11:50 am:</p>	<p>RUNNING STRONG Improving Performance & Minimizing Injuries: Presented by Dr. Kasey Hill, Moreau PT, a Physical Medicine and Rehabilitation physician specializing in Evaluation of Running Gait, Movement, Strength and Flexibility. Dr. Hill will discuss how & why running "form" may slow you down or put you at risk for injury, and answer questions about gait e-training. Dr. Hill will be available at the Crescent City Moreau PT EXPO BOOTH before and after his presentation.</p>

<p>NOON – 12:50 pm:</p>	<p>RUN FOR IT SECOND LINE with Young Pin Stripe Brass Band & Zulu Tramps: DANCE the CCC10k EXPO with our RUN FOR IT Charities! BRING THE KIDS. Start and end at the EXPO STAGE followed by fun games, chants and exercise for the KID IN ALL OF US! Focus on our Charity Program with emphasis on KIDS’ FUN and EXERCISE with parents and adults of all ages! This IS a New Orleans Celebration!</p>
<p>1:00 pm - 1:45 pm:</p>	<p>Ochsner Eat Fit NOLA COOKING DEMO: Join Chef Carl Schaubhut of DTBNOLA and Registered Dietitian Molly Kimball of Ochsner Eat Fit NOLA! 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!</p>
<p>1:50 pm – 2:45 pm:</p>	<p>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!</p>

MODERATOR: Virginia “Gini” Davis, PT, MA Training Director, CCC10k

<p>Dr. Christine Keating, MD</p>	<p>Physical Medicine and Rehabilitation, Sports Medicine Sub-Specialty Ochsner Orthopedic Department</p>
<p>Dr. Mary Mulcahey, MD.</p>	<p>Director of Women’s Sports Medicine, Tulane, Orthopedic Surgeon</p>
<p>Dr. Kasey Hill, MD</p>	<p>Physical Medicine and Rehabilitation, Sports Medicine Specialty, Moreau Physical Therapy</p>
<p>Molly Kimball, RD, CSSD</p>	<p>Nutrition Program Manager, Ochsner Hospital, Elmwood Fitness Center, Eat Fit NOLA</p>
<p>Arthur Kirsch, MPT, OCS</p>	<p>Physical Therapist, Crescent City Moreau PT</p>
<p>Chris Mercadel Jr. PA-C</p>	<p>Physician Assistant, Sports Conditioning and Personal Training, Ochsner</p>

<p>2:50 – 3:45 pm:</p>	<p>Dr. Mary K. Mulcahey, Director of Women’s Sports Medicine at Tulane and Orthopedic Surgeon will offer her expertise and experience as she discusses some of our major concerns: Minimizing Injury Risk in Runners through Training, Rest and Mental Preparation!! Great information for ALL of us!! Bring YOUR questions!!</p>
<p>4:00 – 5:00 pm:</p>	<p>EXPO FEATURED GUEST, MAC DeVAUGHN:</p> <p>CREATOR & FOUNDER OF CCC10K ROAD RACE 40 YEARS AGO! This is a man with a VISION and a PURPOSE. Mac wanted to start a race in New Orleans to rival the Peachtree Road Race in Atlanta! He did it and this race is still going STRONG! WELCOME Mac, ask questions and find out how this road racing PIONEER started this race AND made it the BEST! <u>DO NOT MISS THIS!</u></p>
<p>5:10 - 5:45 pm:</p>	<p>AGING AND SLOWING DOWN: How to stay on top of Your Game! Elite Runner, Jen Rhines, a 3 TIME U. S. OLYMPIAN at 3 Different Distances: 5k, 10k and Marathon, is over 40 & running “better than ever”! Jen will share her secret wisdom with us. Bring your questions!</p>
<p>5:30 - 6:30 pm:</p>	<p>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!</p> <p>AND MEET LOCAL RUNNING CLUBS AND STORES -Join local experts who fit shoes, running and lifestyle gear all day AND also host training sessions for all levels. YES, for beginners too: Experience the fun, meet new people and run, or walk, New Orleans! There is something here for everyone! Look good, feel good and GET BETTER!</p>
<p>6:30 – 8:00 pm:</p>	<p>Stage Programming ends. EXPO remains open for bib and t-shirt pick up</p>