Saturday, April 16, 2011

7 a.m. – Doc Rock & Run Half Marathon & 5K Run & Walk sponsored by Associated Radiologists

8 a.m. – Doors open for Expo

8:30 am – 5K awards

9 a.m. – Senior Health Panel/Ride for the Cure Ceremony and Kids Bike Parade

9:30 am – Sookies Cooking Demonstration

9:30 a.m. – Ride for the Cure

10 a.m. – Kids Foot Race

10:45 am – Kids Race Awards

11:00 am – ½ marathon Awards

11:15 am – Sai Thai Cooking Demonstration

12:15 p.m. – Pierro’s Cooking Demonstration

1:00 pm – Diabetes Health Panel

2:00 pm – Loretta’s Catering Cooking Demonstration

3:00 pm – Heart Health Panel

4:00 pm – Lisa Tedder – Cooking Demonstration

Sunday, April 17, 2011

11 a.m. – School athlete physicals begin. Students will report to the blue entrance on a scheduled announced by their coaches

11:00 am – Meals for Moms cooking demonstration

12:00 p.m. – CWL Cooking Demonstration

1:00 p.m. – Kids Health Panel

2:00 p.m. – Health & Wellness School Cooking Demonstration

3:00 p.m. – Cancer Health Panel

4:15 p.m. – Medic One Panel