



FOR IMMEDIATE RELEASE

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**The 2010 Kauai Marathon Hosts the
First Annual Pre Race Informational Panel**

Event Overview:

The 2010 Kauai Marathon is hosting the first annual pre-race informational panel on Saturday, September 4th at 2:00pm. The panel consists of four individuals including Dean Karnazes, Bart Yasso, Rich Hanna and J.T. Service. Moderating the panel will be The Kauai Marathon Founder Jeff Sacchini. Sacchini will be covering topics such as injury prevention, The Kauai Marathon course review, course tips, and race day advice. The panel will also be available for a limited question and answer session with the attending audience. The panel will take place on the lawn fronting the ocean of the beautiful Sheraton Kauai Resort just steps from Sunday's finish line.

Date: September 4, 2010

Time: 2:00pm

Location: Sheraton Kauai Resort in Poipu

Panel Biographies:

Dean Karnazes: As the Official Host of the 2010 Kauai Marathon Dean is a great addition to the runner's panel. Dean has pushed the definition of endurance with a world record run of 350 miles, he has run 50 marathons in 50 days in 50 states, and authored numerous books including a NYT best seller "Ultra Marathon Man."

Bart Yasso: As the "Chief Runner" of Runner's World magazine and the official Running Ambassador and Co-Host of the 2010 Kauai Marathon, Bart brings a depth of knowledge to the runner's panel. He has run races on all seven continents and recently released a book aptly titled "My Life on the Run."

Rich Hanna: Hanna's company, Capital Road Race Management, is not only timing the race, but he will be personally appearing on the panel to share years of distance running knowledge. As a former 50k U.S. National Champion and the co-author of "The Ultimate Guide to Marathons" Rich has been entrenched in the running industry for more than 20 years.

J.T. Service: Service was the winner of the inaugural 2009 Kauai Marathon and will be on hand to discuss the intricacies of the marathon and half marathon courses. Aside from his Kauai Marathon history, JT is a former Olympic Trials Marathon qualifier and a race director in California.

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