

GoodLife Fitness Victoria Marathon
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October 9, 2011

October 7, 2012

Bart Yasso

Chief Running Officer, Rodale's *Runner's World*,
1987-present.

The GoodLife Fitness Victoria Marathon
welcomes Bart Yasso!

Bart joins us for this year's Speaker Series and
Carbo Gala Dinner presented by HEEL
on Saturday, October 8, 2011.

- Launched the magazine's sponsorship program, which now works with 6,500 races representing 3.5 million runners each year.

Awards and Achievements:

- Inducted in to the Running USA hall of Champions.
- Creator of the "Yasso 800s," a workout that predicts marathon race pace by running 800 meters 10 times. This technique is extremely popular in Europe and in Italy.
- Author of *My Life on the Run*
- Run marathons worldwide – from Boston and New York to Antarctica and Mount Kilimanjaro, and at least one on all seven continents.
- One of the relatively few hardcore ultra-endurance runners to complete the Badwater – at 146-miles running race considered the toughest run in the US, 1989.
- Completed two solo, unsupported bicycle rides across the U.S. in 20 days, averaging 155 miles per day.



Find Bart online at:

- Web: <http://www.bartyasso.com/>
- Facebook: <http://www.facebook.com/pages/Bart-Yasso/118295040323>
- Twitter: <http://twitter.com/bartyasso>
- LinkedIn: <http://www.linkedin.com/pub/bart-yasso/6/264/421>