

# 2nd Annual Mississippi Blues Marathon & Half-Marathon [www.msbluesmarathon.com](http://www.msbluesmarathon.com) January 3, 2009

**For Immediate Release**

## **Learning from the Running Pros at the Blues Expo**

Running legend Bill Rodgers, one of the most influential runners in the world, will speak at the Mississippi Blues Expo on Friday, January 2, 2009. His popular talks will be held at 12:30 p.m. and 5:30 p.m. in the 3<sup>rd</sup> floor theater of the Mississippi TelCom Center. Early arrival for Rodgers' talks is recommended.

Jeff Bockhorn, whose work as captain of the 180 Running Team has taken him to races across the country, speaks at 3:30 p.m. The 180 Running Team is a group of athletes who support the 180 Energy Drink brand.

The Expo, which is free and open to the public, will be held from 11 a.m. to 7 p.m. Friday, January 2, at the Mississippi TelCom Center, 105 E. Pascagoula St. in downtown Jackson. Blues musicians will entertain the Expo crowd, and vendors with Mississippi merchandise and running-related merchandise will have their wares for sale. All runners will pick up their bib numbers and race packets at the Expo.

Over the course of his career, Rodgers has been recognized as one of the premier American marathoners of all time. Of Rodgers' 58 marathons, he has won 20 – and 28 have been run under 2:15. He has won the Boston Marathon four times (1975, 1978, 1979, and 1980) and the New York City Marathon four times (1976, 1977, 1978, and 1979). He was the first runner to win both events in the same year (1978), and is the only runner to win both events in the same year twice (1978, 1979).

In 2006, Rodgers was cited by *Runner's World* magazine as one of the 40 most influential people of the past four decades. Rodgers continues to race approximately 25 times per year, and frequently speaks at races around the country.

Additional details regarding the 2<sup>nd</sup> Annual Mississippi Blues Marathon and Half-Marathon are available at [www.msbluesmarathon.com](http://www.msbluesmarathon.com).

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