

Medical & Marathon Runner Symposium

Presented by Kaiser Permanente

Schedule

Friday, December 2, 2011 in Expo Rooms 103-104

Time	Speaker	Topic
4 P.M.	Mary Coordt , MS (Nutrition) 4-Time Olympic Marathon Trials Qualifier Sacramento Running Association Head Coach Nutrition Lecturer, Author	"Fueling for the Marathon: Let Science Help You Avoid Mistakes!"
5 P.M.	Sally Edwards Author: <i>Be a Better Runner</i> Elite Endurance Athlete/Triathlete Founder of Fleet Feet	"How Motivated Are You"
6 P.M.	Experts Panel Moderator: Deirdre Fitzpatrick (5) Denis Zilaff (28), Steve Polansky (28), Ernie Takahashi (28), Bill Hambrick (24), Cynci Calvin (18)	Ask the Experts: "How to Run the Course (and Avoid the Medical Tent)" Please note: <i>the numbers after the panel members' names are not ages but the number of CIMs finished!</i>

Saturday, December 3, 2011 in Hall D next to the Expo Hall

9:30 A.M.	Mary Coordt , MS (Nutrition) 4-Time Olympic Marathon Trials Qualifier Sacramento Running Association Head Coach Nutrition Lecturer	"Fueling for the Marathon: Let Science Help You Avoid Mistakes!"
10:15 A.M.	Daniel Vigil , MD Kaiser Permanente	"The Evolution of Running: Perspective of a U.S. Track and Field Team Physician"
11:00 A.M.	Deirdre Fitzpatrick KCRA News Anchor Endurance Athlete	"Moms on the Run"
NOON	Experts Panel Moderator: Deirdre Fitzpatrick (5) Denis Zilaff (28), Steve Polansky (28), Ernie Takahashi (28), Bill Hambrick (24), Cynci Calvin (18); Carol Dellinger (15 CIMs, finisher of 257 marathons)	Ask the Experts: "How to Run the Course (and Avoid the Medical Tent)" Please note: <i>the numbers after the panel members' names are not ages but the number of CIMs finished!</i>
1:00 P.M.	Meredith Bean , MD Scott Meier , MD	Ask the Doctors: "Running Injuries - Prevention and Treatment"
1:45 P.M.	Greg McMillan , MS Exercise Physiologist; "Smartest Distance Running Coach in America" - <i>Runner's World Magazine</i>	"Peak Performance: Rethink Your Marathon Training Program"
2:45 P.M.	Sally Edwards Author - "Be a Better Runner"; Elite Endurance Athlete and Triathlete; Founder of Fleet Feet	"How Motivated Are You?"
3:45 P.M.	Meet the CIM/Clif Pace Team Leaders!	"Let Us Help You Achieve your Goal Finish Time!"