



# KAISER PERMANENTE RUNNERS SYMPOSIUM

AT THE CALIFORNIA INTERNATIONAL MARATHON

Join us for a runners symposium on Saturday, Dec. 3, from 9:30 a.m. to 3:45 p.m. at the Sacramento Convention Center Hall D. This event is FREE and open to the public.

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## 9:30 - 10:15 AM

Fueling for the Marathon:  
Let Science Help You Avoid Mistakes!

- Mary Coordt, MS, *Olympic Marathon Trials Qualifier*

## 10:15 - 11 AM

The Evolution of Running: Perspective of a US Track and Field Team Physician

- Daniel Vigil, MD, *Chief of Family Medicine, Kaiser Permanente Los Angeles*

## 11 AM - NOON

Moms on the Run: Inspiring Moms to Get Moving Again

- Deirdre Fitzpatrick, *KCRA Personality, Endurance Athlete*
- Anne Srisuro, MD, MPH, *Ob/Gyn, Women's Health, Quality & Education Leader, Kaiser Permanente South Sacramento*
- Janine Bera, MD, *Internal Medicine, Marathoner, Kaiser Permanente South Sacramento*

## NOON - 1 PM

How to Run the Course and Avoid the Medical Tent

- Panel of CIM Experts

## 1 - 1:45 PM

Running injuries - Prevention and Treatment:  
Ask the Doctor Q&A

- Meredith Bean, MD, *Chief of Sports Medicine, Co-Medical Director of the CIM, Kaiser Permanente South Sacramento*
- Scott Meier, MD, *Pediatrics & Sports Medicine, Kaiser Permanente South Sacramento*
- Kyle Tsuye, MSPT, ATC, CSCS, *Physical Therapist, Sports Medicine, Kaiser Permanente South Sacramento*

## 1:45 - 2:45 PM

Peak Performance:  
Rethink Your Marathon Training Program

- Greg McMillan, MS, *Exercise Psychologist, "Smartest Distance Running Coach in America" - Runner's World*

## 2:45 - 3:30 PM

Be a Better Runner: Finding Your Motivation

- Sally Edwards, *Elite Endurance Athlete and Triathlete, Founder of Fleet Feet*

## 3:30 - 3:45 PM

Pace Teams: We Will Get You to Your Goal!

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