BLACK & GOLD RUNNING SYMPOSIUM

Sponsored by
The University of Iowa Physical Therapy Student Organization

When: Saturday, February 17th, 2018
     8:00 a.m - 3:00 p.m.

Where:
Medical Education Research Facility
University of Iowa
375 Newton Rd.
Iowa City, IA 52242

Who: All Runners, Students, Physical Therapists (4 CEU’s available), Coaches, Athletic Trainers, or Medical professionals working closely with runners.

Speakers and Topics
1. Speaker: Katherine Mellen, Ph.D. Nutrition Epidemiology, RD, CSSD, Senior Lecturer in Health Promotion Exercise Science
   Topic: “Hot Topics: Optimal Fuel Intake.” Fueling your exercise, and the most popular strategies being used today.

2. Speaker: Shauna Menke, PT, Certified Stott Pilates Instructor
   Topic: “Enhancing Core Stabilization and Running Efficiency through Principles of Stott Pilates.”

3. Speaker: Jenelle Deatherage, PT, OCS, 4-Time Cross Country All-American, Former Professional Runner

4. Speaker: Jim Dwyer, Co-Owner, Iowa Running Company
   Topic: “Running Shoes 101.” Updates on current technology.

5. The last session of the day will feature a Q&A Panel with all the speakers.

Event Cost (includes lunch)
- Early Bird Registration (through January 27th): $60 per person ($25 for students)
  * Early Bird Registration includes a FREE T-shirt!
- Registration after January 27th: $60 per person ($25 for students)
Additional Information
- 4 CEU’s offered for Physical Therapists
- Parking available at 360 Newton Road Parking Ramp, Iowa City, IA 52242
- Student prices apply to those enrolled in K-12, undergraduate, or graduate classes

Register Online:

Questions? Email us at RunningSymposium@gmail.com

Black & Gold Running Symposium T-shirt included with Early Bird Registration.
Please indicate desired shirt size with online registration.

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact the University of Iowa Physical Therapy Student Organization in advance at 319-335-9791.