CHANGE THE OUTCOME

Cincinnati Children's Hospital Medical Center & Bob Roncker's Running Spot present the:

Cincinnati Children's Hospital Medical Center

Bob Roncker's RUNNING SPOT running since 1981

2nd Annual Runner's Symposium

"Addressing the EEVERT: Equipment, Environment, Velocity, Resources & Technique for Optimal Running Success"

Sponsored by Brooks

DATE: Sunday | August 12th | 2012
TIME: 8:00am-1:00pm
WHERE: Medical Education Resource Center at Children's Oak Campus
620 Oak Street, Cincinnati, OH 45206

Register Here: www.regonline.com/2ndrunners

COST: $15 Adults $10 Students/Athletes *Register early, limited seating available

SYMPOSIUM DESCRIPTION

Running is one of the most popular forms of youth sports participation, with approximately 450,000-750,000 adolescents participating in high school track and cross country programs throughout the United States. And while sports participation brings many positives to the lives of youth runners, it also brings with it a likelihood of sustaining a running-related injury. In fact, up to 65% percent of runners sustain an injury annually. This updated and expanded symposium will focus on describing in detail the multi-factorial causes of running-related injuries, outlining common sense steps for injury prevention, as well as describing a basic framework for treating an injured runner.

TARGET AUDIENCE

High School cross-country and track coaches, their student-athletes, parents, athletic trainers, and physical therapists.

SYMPOSIUM OUTLINE

Registration: 7:30am-8:00am
Welcome: 8:00-8:05
Youth Running Injuries: A Call to Action: 8:05-8:15
Training for Success: A Coach's Perspective: 8:15-8:45
Fueling up for Optimal Performance: The Role of Nutrition & Hydration: 8:45-9:15
Break: 9:15-9:30
Video Gait Analysis: An Invaluable Tool in Injury Identification and Performance Enhancement: 9:30-10:00
Learn-by-Doing Breakout Sessions*:
Breakout Session 1: Evidence-Based Running Exercises for Injury Prevention 10:00-10:30
Breakout Session 2: **Natural Running Form** 10:30-11:00
Breakout Session 3: A Runner's Specific Screening Tool to Assist with Injury Prevention 11:00-11:30
Break: 11:30-11:45
Ask the Expert Roundtable Discussion: 11:45-12:30
Experts: Physical Therapy Running Experts Jeff Taylor-Haas and Katie Hickey; Jen Sprague, Nutritionist; Expert Runner: Chris Reis; Expert Running Coach: Jeff Branhan
Tour of the Runner's Clinic Laboratory: 12:30-1:00
Adjourn: 1:00
Faculty: Jeff Branhan; Katie Hickey; Chris Reis; Jen Sprague; Jeff Taylor-Haas
***Please come dressed to participate in breakout sessions**