

**CHANGE THE
OUTCOME**



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

1st Annual **Runner's** Symposium

"Improving Performance through Injury Prevention"

DATE: Saturday | August 13th | 2011

TIME: 8:00am-12:30pm

WHERE: Medical Education Resource Center at Children's Oak Campus

Register Here: www.regonline.com/runners

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

COURSE 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 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

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

SYMPOSIUM OUTLINE

Registration: 7:30am-8:00

Welcome: 8:00-8:05

Youth Running Injuries: A Call to Action: 8:05-8:15

Proper Training: 8:15-8:45:

Fueling up for Optimal Performance: The role of Nutrition & Hydration: 8:45-9:15

Break: 9:15-9:30

Shin Splints & Stress Fractures: 9:30-10:00

The Runner's Knee: Patellofemoral Syndrome & Iliotibial Band Syndrome: 10:00-11:00

Break: 11:00-11:15

Video Gait Analysis: A New Tool in Injury Identification and Performance

Enhancement: 11:15-11:30

Running Shoes: 11:30-12noon

Running & Research: 12noon-12:15

Q & A: 12:15-12:30pm

*Lectures by Bill Schnier- University of Cincinnati's Head Coach Men's Cross Country/Track & Field, Jeff Taylor-Haas, PT, Chris Reis, local accomplished runner, and many others.