

Directions and Parking

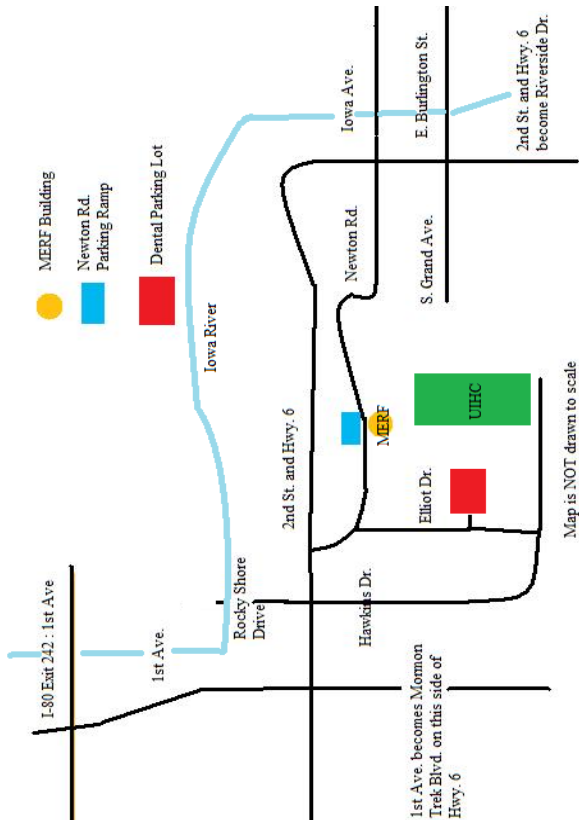
To MERF from I-80:

A. Newton Road Parking Ramp (cost will be ~\$7.00)

- Take exit 242: 1st Ave.
- Turn south on 1st Ave.
- Turn left (east) on 2nd Ave. (also Hwy. 6)
- Turn right (west) on Newton Rd. (away from the river)
- Follow Newton Rd. to entrance of Newton Rd. Parking Ramp at the west end of ramp past the metered parking
- **MERF building is across the street from Newton Rd. Parking Ramp.**
- For an alternate map see: <http://www.facilities.uiowa.edu/MasterPlan/Maps/HealthSciences/index.htm>

B. Alternative parking (FREE) 10 min. walk to MERF

- Continue on Newton Rd. past the Parking Ramp
- Turn left on Elliot Dr. (Carver Hawkeye Arena on the right)
- Take your 1st left (east) into Dental Visitors Lot or Lot 40 (both are across from Carver-Hawkeye Arena), if you get to Hawkins Dr. you have gone too far!
- Then walk to MERF by following Newton Rd. away from Carver-Hawkeye Arena. MERF will be on your right.



Black and Gold Running Symposium
University of Iowa
Physical Therapy Student Organization
Lyndsey Mueller
1-252 MEB
Iowa City, IA 52242

University of Iowa
Physical Therapy Student Organization

Black and Gold Running Symposium

February 18, 2012
8:00am-3:30pm

University of Iowa: Medical
Education and Research Facility
(MERF): 375 Newton Rd.
Iowa City, IA 52242



All proceeds will be donated to help offset student professional development opportunities and the Foundation for Physical Therapy, an organization that funds research in physical therapy to enhance the quality of services for patients and clients. (For more information visit: www.apta.org/foundation.)

Running Symposium Registration Form

- **Running Symposium registration:**
 - Early Bird (must be received by **February 15**): \$40 (Students \$25)
 - Day Of: \$50 (Students \$30)
- Price of registration includes lunch (register early to guarantee); Please email for vegetarian option.
- Please include payment with registration form.

Name: _____ \$ _____
Name: _____ \$ _____

Shirt Order: Shirt color will be black (please specify quantity) **Shirt Logo** →



\$12 for Short Sleeve Tee, \$20 L/S Dry Tee

- Unisex sizing for short sleeve T-Shirt, specify sex for long sleeve, Dry Tee
- Must pick up shirts day of event, they will not be mailed!
- Order must be **received** by **February 15** (Early Bird deadline)

Short Slv T-Shirt __S __M __L __XL \$ _____
Long Slv __Sex __S __M __L __XL \$ _____
Total (Registrations + Shirts) \$ _____

Cash or Check ONLY (Please make checks payable to University of Iowa PT Student Organization)
No Refunds on registrations or shirt orders

Please fill out the following:

Name: _____
Email: _____
Address: _____
Phone: _____

If you are an individual with a disability who needs accommodation to attend this seminar, please contact 319-335-9792.

UI Physical Therapy Student Organization
Black and Gold Running Symposium

Lyndsey Mueller
1-252 MEB
University of Iowa
Iowa City, IA 52246

Event Schedule— February 18, 2012

8:00 am—3:30 pm

MERF Atrium, University of Iowa

8am-8:20am

Check-in, MERF atrium

8:25am

Welcome

8:30am-9:20am

Beth Dessner

Becoming a Runner: From Jogging to Racing

9:30am-10:20am

Sarah Garvin

CrossFit: The Missing Piece

10:30am-11:20am

Kathy Mellen

Sports Nutrition: Myths and Facts

11:30am

Lunch and Meet & Greet

12:30pm-1:20pm

Joe Dwyer

Running Shoes: Do we still need them? (Yes, No, & Maybe!)

1:30pm-2:20pm

Carol Vance

Back on Track: Supplementing Treatment of Chronic Injury with Modalities

2:30pm-3:30pm

Keynote-Robyn Friedman

Meet and Greet to follow

Questions please email:

Kyle-Strickland@uiowa.edu

Keynote Speaker:



Robyn Friedman is a decorated marathon runner who has won the Des Moines Marathon in 2006 and 2009. Friedman has competed in 3 successive Olympic Trials including the trial for the 2012 London Games. Friedman has a PR of 2:35:04 in the marathon and has run self-coached since graduating in 1995 from Wartburg. Friedman earned nine All-American honors in track and field and cross country and was never beaten in 14 Iowa Conference championship races at Wartburg. Friedman was instrumental in leading Wartburg to its first four women's cross country conference championships. An Academic All-American in 1993 and 1994, Friedman completed a degree in physical therapy at the University of Iowa and has worked as a PT at Skiff Medical Center in the Newton area since 2000. She and husband, Bryan, are the parents

Beth Dessner, DPT, OCS, CSCS: Dr. Dessner is a physical therapist and owner of Eastern Iowa Physical Therapy, PC. Beth attended Washington University where she completed her BS in Physical Therapy and her MHS in Health Care Services. Beth has been an avid runner and triathlete for over 20 years. Beth has taken an interest in evaluating and treating running related injuries.

Sarah Garvin: Sarah Garvin is a Level 1 CrossFit-certified trainer and owner of Warrior CrossFit Muscatine. Prior to CrossFit, Sarah participated in numerous road races using traditional training programs.

Joe Dwyer: Mr. Dwyer has been a co-owner of Running Wild since 1999. He has been a life-long recreational runner, with many road races and 17 marathons completed. Joe comes from a health care background, and applies some basic anatomy and physiology to fit individuals with the proper shoe for their arch and gait.

Carol Vance, PT: Carol Vance is an associate professor within The University of Iowa Department of Physical Therapy and is in the process of earning her PhD. in Physical Therapy and Rehabilitation Science. She is also a physical therapist at UIHC.

Kathy Mellen, Ph.D, RD, CSSC: Kathy is a lecturer at the University of Iowa in the Department of Health and Human Physiology. She teaches a variety of nutrition courses including Sport Exercise Nutrition as well as meeting with individuals or groups to match their nutrition with their health and performance goals.