

# Attention Runners!



## Come to the Black and Gold Running Symposium

Date: Saturday, February 18, 2012

Time: 8:00 am– 3:30 pm

Location: MERF at the University of Iowa Campus

### Presentations:

- ***Becoming a Runner: From Jogging to Racing***

Beth Dessner, DPT, OCS, CSCS

- ***CrossFit: The Missing Piece***

Sarah Garvin, Level 1 CrossFit-certified trainer and owner of Warrior CrossFit Muscatine

- ***Sports Nutrition: Myths and Facts***

Kathy Mellen, Ph.D., RD, CSSC

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

Joe Dwyer, co-owner of Running Wild

- ***Back on Track: Supplementing Treatment of Chronic Injury with Modalities***

Carol Vance, Associate professor within University of Iowa Department of Physical Therapy, PT and MA

### Keynote Speaker: Robyn Friedman



- Decorated marathon runner who has won the Des Moines Marathon in 2006 and 2009
- Competed in 3 successive Olympic Trials, including the trial for the 2012 London Games this January in Houston, TX
- Nine All-American Honors in Track and Field and Cross Country at Wartburg College. Never beaten in 14 Iowa Conference championship races.
- Completed degree in physical therapy at the University of Iowa and has worked as a PT at Skiff Medical Center in Newton since 2000.

### Registration:

- E-mail [kyle-strickland@uiowa.edu](mailto:kyle-strickland@uiowa.edu) for a registration form!!
- **Early Bird Registration must be received by February 15, 2012: \$40 (students = \$25)**
- Registration after February 15th: \$50 (students = \$30)
- **Continuing Education Units will be offered!**
- Lunch included with vegetarian option available upon request (register early to guarantee your lunch!)
- If you are an individual with a disability who needs accommodation to attend this seminar, please contact 319-335-9792

**Presented by:** University of Iowa Physical Therapy Student Organization

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.