

# **Sports Medicine Symposium and Coaching Clinic for Endurance and Multisport Athletes**

**February 20, 2010**

**8:00am to 5:00pm**

*Presented by*

*Dr. Gerardo Goldberger*

*Advanced Orthopedics and Sports Medicine Institute*

*Doug Rice, Race Forum, and Tom Manzi, Training Bible Coaching*

*In association with and held at CentraState Wellness Center*

*901 West Main Street, Freehold, NJ 07728*

An interactive educational program, presenting topics related to sports medicine, coaching methodology and training techniques. The athletes will have the opportunity to attend concurrent lectures given by nationally renowned physicians, coaches and professional athletes. The presenters will provide one-on-one consultations at their respective stations, answering questions related to swimming, biking and running techniques, periodization, transitions, racing season planning, nutrition, and equipment. There will be a collaborative effort between coaches and medical professionals to address injury prevention in orthopedic surgery and podiatry, along with presentations related to cardiac and pulmonary preparation for endurance events. Attendees will receive individual instruction by physical therapists and trainers regarding proper stretching techniques, core strengthening and pelvic stabilization programs, to enhance performance. The athletes will have the opportunity to undergo swim stroke analysis, running technique and shoe evaluations, in addition to bike fitting sessions, and VO2 testing, all of which are only available on a limited basis and first come first serve.

**Featuring Joe Friel, author of the Triathlon Training Bible Book Series**

**Dr. Phil Skiba, PhysFarm Jessi Stensland, Movement U**

**Brian Shea, Personal Best Nutrition**

**Bike Fitting by Brielle Cyclery, Cycles 54 and The Peddler**

**Swim Stroke Analysis by Tina Fiore & Run Analysis by Christine Clifton**

Other speakers and presenters include:

Dr. Michael Lynch, Chiropractor Dr. Steve Lemberger, Podiatry Dr. Liz Perez, ART/Chiropractor Dr. John

Connors, Podiatry Dr. Rob McKinley, Pulmonology Dr. Laurie Glasser, Physiatrist

Dr. D. Marzo, Sports Psychologist Dr. Gregg Berkowitz, Orthopedics Dr. Vivian Kominos, Cardiology

Dr. Michael Greller, Orthopedics Charles Weingroff, DPT Joe Peragine, DPT

Karen Kozel, DPT Dave Stretanski, Chi Running Jennisse Schule, VO2 Max Testing

Scott DeFilippis, Pro Triathlete Jacqui Gordon, Pro Triathlete Ken Glah, Pro Triathlete

Keith Cook, Tri Coach Dave Slavinski, Tri Coach Joe Donahue, Tri Coach

Shannon Cutrona, Trainer

**To Register go to: [www.RaceForum.com/Sports](http://www.RaceForum.com/Sports)**

***Limited Entries***

**Registration \$99**