

# HEALTHY RUNNING

AUGUST 30<sup>TH</sup>-31<sup>ST</sup> 2014, FALLS CHURCH, VIRGINIA

## CHAIRMEN

**MARK CUCUZZELLA, MD**

Professor Family Medicine University of West Virginia  
Department of Family Medicine  
Lt Col US Air Force Reserves, elite masters runner

## DIRECTOR

**IAN ADAMSON, MS, BS**

Director Research & Education  
Newton Running Company  
3x Guinness World Record Holder  
7x World Champion

HOSTED BY



**ENDURANCE**  
ATHLETE CENTER

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## CME ACREDITATION

The WVU Office of CME designates this live activity for a maximum of 16.75 AMA PRA Category 1 Credits. See website for details

## REGISTRATION

**RACEROSTER.COM**  
SEARCH "HEALTHY RUNNING"

STUDENTS, DOD & DOD AFFILIATES: \$195  
RUNNERS: \$245  
COACHES, TRAINERS, RUNNERS: \$345  
MEDICAL PROFESSIONALS: \$395

PRESENTED BY



## CONTINUING MEDICAL EDUCATION

Participants receive a certificate of completion listing course hours

### TOPICS

The energetics of running, aerobic development, training principles, the evolution of running shoes, design, technology and the relationship to injury, the triad of running injuries, tissue specificity, anatomy, biomechanics and clinical evaluation of mobility and strength.

### WORKSHOPS

Running from a clinical perspective, prescription of strength, mobility, and gait cues based on specific findings. Stability, core work, mobility and stretching principles.

### TARGET AUDIENCE

Primary care physicians, sports medicine physicians, physical medicine and rehabilitation physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, coaches and other professionals interested in maintaining and promoting the health of runners.