**Location:**
Hilton University of Florida Hotel and Conference Center
1714 SW 34th Street
Gainesville, FL 32607
(352) 371-3600

Situated on the SW corner of the University of Florida campus, in the heart of “Gator Nation,” the hotel’s location provides easy access to the University of Florida Campus. A block of rooms has been reserved for this conference at a special rate of $149.00 per night for singles/doubles, plus current sales tax. These rooms will be held until January 18, 2016. To reserve your room, please call the Hilton directly at (352) 371-3600 or Toll Free at 1-800-HILTONS and reference the UF Running Medicine Conference.

For More Information and to Register, please visit http://ufrunningmedicine.cme.ufl.edu.

**UF Sports Performance Facilities**
Conference registrants may take advantage of the expanded services provided by the UF Sport Performance Center! Choose from body composition, exercise testing, biomechanical analyses, metabolic rate or strength testing! Spots are limited the day before the conference. Call for more information, pricing and to set a time for your assessment! Please call 352-273-7371 or visit our website www.ufsportsperformance.com.

**Activity Director**
Kevin R. Vincent, MD, PhD
Director, UF Running Medicine Clinic
Associate Professor, UF Department of Orthopaedics and Rehabilitation,
Division of Physical Medicine and Rehabilitation
Medical Director, Running Medicine Clinic

**Safety in Adolescent & High School Sports Medicine: Myth vs Reality**
February 20, 2016 | Hilton University of Florida
For more information and to register visit UFSportsMedicine.cme.ufl.edu

Faculty Disclosure: University of Florida College of Medicine adheres to the ACCME Standards regarding commercial support of continuing medical education. It is policy that the faculty and planning committee disclose real or apparent conflicts of interest relating to the topics of this education activity, that relevant conflicts of interest are resolved, and that speakers will disclose any unlabeled/unapproved use of drug(s) or device(s) during their presentation. Detailed disclosure will be made in the course syllabus.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:15</td>
<td>Registration &amp; Breakfast/Exhibits</td>
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<tr>
<td>7:50</td>
<td>Welcome &amp; Opening Remarks</td>
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<tr>
<td>8:00</td>
<td>When is it Safe to Return to Running?</td>
<td>Kevin R. Vincent, MD, PhD</td>
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<tr>
<td>8:45</td>
<td>Hip and Pelvic Pain in Runners</td>
<td>Evan Peck, MD</td>
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<tr>
<td>9:00</td>
<td>Evaluation and Management of Exertional Leg Pain in Runners</td>
<td>Kevin R. Vincent, MD, PhD</td>
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<tr>
<td>10:15</td>
<td>Break/Exhibits</td>
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<tr>
<td>10:30</td>
<td>Healthy Shoe Design: How Shoes Affect Joints</td>
<td>D. Casey Kerrigan, MD</td>
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<tr>
<td>11:00</td>
<td>Lunch / Exhibits</td>
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<tr>
<td>1:45</td>
<td>The Future of Shoe Manufacturing: 3-D Printing Shoes</td>
<td>D. Casey Kerrigan, MD</td>
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<tr>
<td>2:30</td>
<td>Lumbar Spine Pain in Runners</td>
<td>Evan Peck, MD</td>
</tr>
<tr>
<td>3:15</td>
<td>Break / Exhibits</td>
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<tr>
<td>3:30</td>
<td>Gastrointestinal Issues in Runners</td>
<td>Eric Coris, MD</td>
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<td>4:15</td>
<td>Special Considerations for the Pediatric Runner</td>
<td>Sarah Offley, MD</td>
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<tr>
<td>5:00</td>
<td>Adjourn</td>
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Program Agenda

UF Running Medicine Conference 2016

Friday, February 19th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<td>7:15</td>
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</tbody>
</table>
| 8:00 | Pulmonary Issues in Runners  
  Eric Coris, MD |
| 8:45 | Rehabilitation of Hamstring Injuries: The Latest Evidence  
  Derek Miles, PT |
| 9:20 | Is Fat the Premium Performance Fuel?  
  Jeff Volek, PhD, RD |
| 10:15 | Break / Exhibits |
| 10:30 | System Based Training: Science and Application  
  Shannon Grady, MS |
| 11:15 | Managing Insulin Resistance (Carbohydrate Intolerance) with a Ketogenic Diet  
  Jeff Volek, PhD, RD |
| 12:00 | Lunch / Exhibits |

Break-Out Sessions

Each Station is 50 minutes with 10 minutes to get to next station. Attendees will be divided into 3 groups at registration. Each group will rotate through each lab session.

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
</table>
| 1:15 | **Lab 1**  
  Cadence Manipulation and Gait Retraining Demonstration  
  Heather K. Vincent, PhD, Laura Ann Zdziarski, ATC, JoAnna McClelland, ATC |
| 2:15 | **Lab 3**  
  Bike Fitting Demonstration  
  Trevor Leavitt, Joseph Wasser |
| 3:15 | **Lab 2**  
  System Based Training Demonstration  
  Shannon Grady, MS |
| 4:05 | Adjourn |

<table>
<thead>
<tr>
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| 1:15 | **Lab 2**  
  System Based Training Demonstration  
  Shannon Grady, MS |
| 2:15 | **Lab 3**  
  Bike Fitting Demonstration  
  Trevor Leavitt, Joseph Wasser |
| 3:15 | **Lab 1**  
  Cadence Manipulation and Gait Retraining Demonstration  
  Heather K. Vincent, PhD, Laura Ann Zdziarski, ATC, JoAnna McClelland, ATC |
Course Description
This course is specifically designed for healthcare professionals who have an interest in sports medicine. The course will encompass presentations on diagnosis, treatment, research, education and prevention of athletic injuries. The format consists of lectures and panel discussions and will include ample time for the participant to network with the faculty.

Target Audience
Orthopaedic Surgeons, Family Medicine Physicians, Physical Therapists, Athletic Trainers, Nurse Practitioners, Orthopaedic Nurses and other allied health professionals interested in sports medicine.

Learning Objectives
After participating in this program, the participant should be able to:

• Discuss running longevity from movement strategies of masters and heavy runners
• Discuss nerve entrapments and electodiagnostic testing in the runner
• Discuss Return to Run Programming after running injuries.

Accreditation:

Physicians
Accreditation: The University of Florida College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit: The University of Florida College of Medicine designates this live activity for a maximum of 13.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physical Therapists
The University of Florida, Department of Physical Therapy (CEH provider 50-5316) approves this course for 13.5 PT/PTA CEHs, 7.5 on Thursday, February 18 and 6 on Friday, February 19.

Athletic Trainers
Athletic Trainers (pending 2016 approval from BOC): The University of Florida – Athletic Training Program is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers (BOC Approved Provider Number: P8159). This program (UF Running Medicine Conference) has been approved for a maximum of 13.75 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

The content covered by the UF Running Medicine Conference includes domains 1, 2 and 4 of the BOC Role Delineation/Practice Analysis, 6th edition (Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, and Treatment and Rehabilitation). According to the education levels described by the Professional Development Committee of the NATA, the following continuing education course is Essential Level to offer continuing education for Certified Athletic Trainers.