

The Multisport and Endurance Athlete

Strategies to Optimize Performance

Join our experts for an evening of discussion on how endurance athletes may optimize their performance.

Tuesday, June 3

Center for Musculoskeletal Care
333 East 38th Street, 6th Floor Conference Room

Topics

- Build a training program: the FIT principle (frequency, intensity, time)
- Fueling the multisport and endurance athlete
- Mental and psychological preparation
- Use cross training to improve your performance
- Achieve nutritional balance
- Facilitate FLOW or optimal experience

Program Agenda

6:00-6:30pm Registration
6:30-7:30pm Presentations
7:30-7:45pm Q&A

Speakers *(see reverse for speaker profiles)*

Andrea Chernus, MS, RD, CDE, CSSD
Registered Dietitian and Sports Nutritionist, NYU Langone's Sports Performance Center

Bonnie Marks, PsyD
Clinical Psychologist, NYU Langone's Sports Performance Center

Alison Peters, MS
Clinical Exercise Physiologist, NYU Langone's Sports Performance Center

RSVP

www.NYULMC.org/CMC-Lectures

No fees are associated with this lecture, but seating is limited to the first 40 registrants. For any questions, please contact Rick Kassler at richard.kassler@nyumc.org or Mia Palazzo at mia.palazzo@nyumc.org



Speakers for The Multisport and Endurance Athlete on June 3:

Andrea Chernus, MS, RD, CDE, CSSD, is a registered dietitian and clinical nutritionist at NYU Langone's Sports Performance Center, where she works with clients and athletes to optimize health and performance. She is Board Certified in Diabetes Education and Sports Nutrition. A sought-after speaker, Andrea has lectured to students, athletes, and professional groups. She is the co-author of the book *Nutrient Timing for Peak Performance* (Human Kinetics, 2010). Andrea has appeared on national and local radio and television and her articles have been published in numerous periodicals, including: *Bottom Line*, *Pointe* and *Dance Spirit*.



Bonnie Marks, PsyD, is a Clinical Psychologist at NYU Langone's Sports Performance Center. She helps individuals develop mental skills and strategies to enhance athletic performance, remove psychological obstacles, and increase concentration and focus. Her areas of interest include mindfulness, visualization practices, meditation, and stress reduction. As a board member of the Achilles Track Club, Dr. Marks has coordinated programs for adults and children to encourage them to overcome psychological barriers. In 2012, she received a Humanitarian Award from the National Rehabilitation Association for her compassion and care for persons with disabilities.

Alison Peters, MS, is a Clinical Exercise Physiologist at NYU Langone's Sports Performance Center, where she conducts physiological testing and trains elite and recreational athletes. Alison has extensive experience training endurance athletes, including runners, cyclists, and triathletes. A sought-after speaker, Alison has presented lectures on a diversity of topics that range from general health and fitness to sport-specific performance optimization. She is also a frequent guest on the Sirius XM show *Doctor Radio*. A running enthusiast, Ms. Peters leads the NYU Langone Medical Center Running Club on weekly runs through Manhattan.

Please join us for upcoming lectures:

Monday, June 16 **Golf Smart! Using K-Vest™ to Improve Your Swing: Lecture & Demo**
Hiwotie Deres, MS, CSCS

For information on NYU Langone's Sports Performance Center, please visit us at
www.NYULMC.org/Sports-Performance