

Running Through the Winter!

Join our experts for an evening of discussion on how to maintain an effective running program through the winter.

Tuesday, November 19, 2013

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



Topics

- Choosing the right clothing for winter running
- Finding the running shoes that are best for you
- The importance of sun protection, even in winter
- Adjusting your training to fit the season and attain your goals
- Maintaining your running technique during winter
- Tips to prevent common running injuries



Program Agenda

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

RSVP

www.NYULMC.org/CMC-Lectures

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

Speakers

Warren Young, MD, is an Assistant Professor and Associate Chief of Primary Care Sports Medicine in the Department of Orthopaedic Surgery at NYU Langone Medical Center. Dr. Young is a sports medicine physician who specializes in caring for the young athlete. He has expertise in non-surgical treatment of orthopaedic injuries, concussion management, and all medical issues related to sports participation. Dr. Young is team physician at LIU Brooklyn and Concordia College and is a medical consultant for the US Open Tennis Tournament.

Hiwotie Deres, MA, CSCS, is a Clinical Exercise Physiologist at the CMC Sports Performance Center, where he conducts performance testing and trains athletes of all levels of skill. Before joining the staff at NYU Langone, Mr. Deres worked as a strength and conditioning coach with the New York Giants, Columbia University, Minot State University and The Cris Carter FAST Program. Mr. Deres is a Certified Strength and Conditioning Specialist (CSCS), a Level 1 USA Track and Field Coach, and a Functional Movement Systems Certified Professional.

Please also join us for the following upcoming lecture:

Thursday, November 21, 2013 Maintaining Your Weight Through the Holidays

Registered dietitian Samantha Heller and exercise physiologist Alison Peters offer straightforward tips on how **not** to gain those extra pounds. Topics include how to make smart food and drink choices at holiday functions and recommended exercises to reduce the impact of holiday eating.

For information on the CMC Sports Performance Center, please visit us at:

www.NYULMC.org/sports-performance

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