

Training for the NYC Marathon!

Your Guide to a Smart Start and Safe Finish

Join our experts for an evening of discussion on how best to prepare for the NYC Marathon.

Wednesday, August 20

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

Topics

- Effects of distance running on the body
- Training tips for injury prevention and peak performance
- Common orthopedic running injuries
- Self-assessment for risk of injury
- Top five exercises to prevent running injuries
- Using visual feedback for real-time training

Program Agenda

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

Speakers *(see reverse for speaker profiles)*

Colleen Brough, PT, DPT, MS, OCS
Physical Therapy Clinical Specialist, NYU Langone Running Performance Program
Alison Peters, MS
Clinical Exercise Physiologist, NYU Langone Sports Performance Center

RSVP

Register online at 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 August 20 lecture:

Colleen Brough, PT, DPT, MS, OCS, is a physical therapy clinical specialist at NYU Langone's Running Performance Program. Her areas of specialty include the management and prevention of injuries in elite and recreational endurance athletes. An accomplished speaker and teacher, Colleen has been a featured guest on the Sirius XM show Doctor Radio and has presented numerous programs for runners and medical professionals on running injuries and prevention. Colleen is an assistant professor of physical therapy at Columbia University, an adjunct faculty member at the NYU School of Medicine and a diplomat of the American Board of Physical Therapy Specialties. An avid runner, Colleen is a member of New York Road Runners and Front Runners New York.

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. She 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, September 22 **Nutritional and Mental Preparation for the Marathon:
Optimize Your Training and Race Day Performance**
Andrea Chernus, MS, RD, CDE, CSSD, Bonnie Marks, PsyD, and Alison Peters, MS

Wednesday, October 1 **Training for the Marathon: Managing Injuries as Race Day Approaches**
Dennis Cardone, DO, and Melissa Hirsch, PT, DPT, OCS, Cert. MDT

For information on the Sports Performance Center, please visit us at
www.NYULMC.org/Sports-Performance