

Training for the NYC Marathon!

Nutritional and Mental Preparation: Optimize Your Training and Race Day Performance

Get expert advice on how to fuel your training and mentally prepare for the NYC Marathon.

Monday, September 22

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



Topics

- Nutrient needs for weekly training
- The keys to proper recovery
- How to break through “the wall”
- Establishing a hydration plan
- Marathon week and race day fueling
- Mental preparation to optimize performance

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, NYU Langone Sports Performance Center

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

Bonnie Marks, PsyD
Clinical Psychologist, 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 September 22 lecture:

Andrea Chernus, MS, RD, CDE, CSSD, is a registered dietitian and clinical nutritionist at the NYU Langone 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 the NYU Langone 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 with persons with disabilities.

Alison Peters, MS, is a clinical exercise physiologist at the NYU Langone 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, Alison has completed the NYC Marathon and numerous half marathons.



Please join us for the final program in our series on preparing for the NYC Marathon:

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