



CHICAGO AREA RUNNERS ASSOCIATION SUPER CLINIC AGENDA
Saturday June 4, 2016 1:00pm to 4:00pm
Northwestern University Medical School. Robert H. Lurie Medical Research Center.
303 E. Superior Street, Chicago

FEATURED PROGRAM SPEAKERS

Carey Pinkowski – Race Director,
Bank of America Chicago Marathon
Jenny Spangler - '96 US Olympic Marathon Trial Winner
Allison Zielinski –Sports Cardiologist
Brian Piper – frmr. CARA Board Member; training plan guru
Dave Walters – International Marathon Masters Champion
Dr Sara Brown – CARA Board & Chair. Medical Committee

Anne Baker – CARA President
Ed Zylka – CARA Exec. Dir.
Greg Hipp – CARA Dir. Events
Tom Moran – CARA Montrose
Coach Bill Leach
Dr Michael Chin – Sports
Medicine / Podiatry

Noreen Karadsheh – NovaCare
Julian Headly – Roadrunner Sports
Wendy Borlabi –Sports Psychology
Christina Weidman –Sports Nutritionist
Mike Kelly – NovaCare
Omer Aguilar – NovaCare
Joe Zucco – NovaCare
Emily Streit - NovaCare

CONFERENCE VENUES:

- **Hughes Auditorium** - MAIN CONFERENCE & KEY NOTE ADDRESS
- **Baldwin Auditorium** - ADVANCED TRACK: (Advanced or intermediate runners interested in performance training or Boston Marathon as a goal)
- **Ryan Family Atrium at Lurie's** – EVENT CHECK-IN; Snacks and water at the sponsor and charity 'village'

KEYNOTE SPEAKER – Hughes Auditorium / Kickoff: Anne Baker CARA – President

1:00pm – 1:30pm Carey Pinkowski – Race Director, Bank of America Chicago Marathon

TRACK 1 – Hughes Auditorium

1:30pm-2:10pm

AN INTRODUCTION... CARA'S SUMMER MARATHON TRAINING PROGRAM (Novice)

- "Be Like a Boy Scout"... be prepared for Marathon Race Day [Tom Moran]
 - Benefit of 11 CARA training sites, camaraderie and group support
 - Tips on fueling and hydration: Gels, water, sports drinks
 - CARA Ready to Run 20 Mile Marathon Simulator, Race day CARA VIP
 - The Power of Group Running...Why It Prepares You Better Than Running Alone
- Proper foot care to help runners achieve their goals, maintain a healthy active lifestyle, and to prevent recurrence of athletic injuries.
- "Aren't the Color of My New Running Shoes Awesome!"... Why choosing function over fashion in running apparel is the priority [Julian Headly, Roadrunner Sports]

ADVANCED MARATHON TRACK - Baldwin Auditorium

1:30pm-2:10pm

(Advanced, Intermediate)

(15 min) "Boston Performance"... WANT TO QUALIFY FOR BOSTON? **Jenny Spangler**

(15 min) "Chicago Performance"...ADVANCED MARATHON TRACK: **Dave Walters**

15 min Q&A

BREAK –Ryan Family Atrium at Lurie’s

2:10pm – 2:30pm

Snacks and Water at the Sponsor and Charity Village

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TRACK 2 - Hughes Auditorium

2:30pm – 3:30pm

AN INTRODUCTION TO TRAINING PLANS and PROGRAMS (Novice, Intermediate, Advanced)

Almost everyone that has ever run a marathon knows the name Hal Higdon, in fact you can say he “wrote the book” on marathon training, a book you might actually own. But did you know that the training plan made famous by Hal, and now used by CARA and other training organizations world-wide was developed by former CARA board member Brian Piper. Now is your chance to meet Brian, and hear him and Jenny Spangler discuss the subject of Training Plans. Learn the magic how’s and why’s behind these plans which are designed to safely and effectively prepare you to meet your marathon goals. Also learn terminology related to planned workouts, like warm ups, cools downs, shakeouts, speed days, tempo runs, LSD (no, not what you’re thinking), and VO2 max.

- **Moderated Panel: Jenny Spangler, Brian Piper and Greg Hipp (CARA staff)**

TRACK 3 - Hughes Auditorium -- *Powered by NovaCare!*

3:30pm – 4:00pm

The SCIENCE BEHIND RUNNING AND ENDURANCE SPORTS (Novice, Intermediate, Advanced)

Hear from experts on stretching and injury prevention, cardiovascular physiology and how it relates to running-- symptoms to pay attention to/maximizing safety; sports psychology – getting your mind in the proper zone; nutrition focusing on hydration and fueling.

Speakers: Allison Zielinski (Sports Cardiologist – Northwestern Med.), Wendy Borlabi (Sports Psychologist), Christina Weidman (Nutritionist), Noreen Karadsheh (NovaCare – Sports injury prevention specialist), Omer Aguilar and Joe Zucco (NovaCare - stretching for running and fitness).