

ENDURANCE SPORT MEDICINE COURSE

ATÉLIER DE MÉDECINE DU SPORT D'ENDURANCE

Thursday, August 27th, 2015 (half day)
Friday, August 28th, 2015 (full day)

HUNTSVILLE, ON

Jeudi, 27 août, 2015 (demi journée)
Vendredi, 28 août, 2015 (journée complète)

The course will be held prior to
Ironman Canada Muskoka



TriMuskoka.com
train. race. relax.



ENDURANCE SPORT MEDICINE COURSE

This course is intended for physicians specializing in sports medicine, family physicians as well as physiotherapists, athletic therapists, nurses and other health care professionals with an interest in endurance medicine and active patients.

The Course will provide both hands-on workshop sessions and didactic lectures to provide the learner with the clinical expertise to manage the medical needs of endurance athletes.

DECLARATION OF POTENTIAL CONFLICTS OF INTEREST

All speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this



program.

ACCREDITATION

Please contact the National Head Office (Dawn Haworth) for CME credit status

ACCOMMODATION

CASEM has blocked off only a few rooms at the Holiday Inn and Suites, Huntsville at a rate of \$239 per night (includes breakfast) - please contact the hotel directly at **Phone: (705) 788-9500** - this rate and blocked off rooms will only be available until 3 weeks before the course or when the hotel has filled the rooms.

Other accommodation information can be found on pg. 8

OBJECTIVES

At the end of the workshop, the learner will be able to:

Identify effective interventions to prevent, treat and rehabilitate common injuries from swimming, biking and running in endurance athletes.

Prepare medical coverage for an endurance event;

Recognize and treat common medical illnesses that occur in an Ironman race

Gain hands on experience in assessment of bike set up and running biomechanical evaluation



ENDURANCE SPORT MEDICINE COURSE FACULTY

Andy Marshall, Chair, MD, FRCPS, Dip. Sport Med.

Rich Trenholm, MD, CCFP, Dip. Sport Med.

Richard Goudie, MD, CCFP, Dip. Sport Med.

Douglas Misener, Rehabilitation Psychologist

FACULTY-BIOS

Andy Marshall, Chair, FRCPS, Dip. Sport Med

Dr. Marshall is an orthopedic surgeon who works in Ottawa specializing in arthroscopic and sports medicine. He has worked for the Department of National Defence for almost 25 years, 15 years in uniform having tours in the Persian Gulf and in Bosnia. He is heavily involved in education, including teaching medical students and orthopedic residents as well as educating peers in the CASEM basic team physician course, advanced sport medicine courses and numerous meetings and workshops. His sport involvement has ranged from covering football, hockey and basketball at the university levels to being part of the medical teams at Canada Winter and Summer Games, PAN AM games, Commonwealth games and most recently as Assistant Chief Medical Officer for the 2012 London Olympics Games.



Richard Goudie, CCFP, Dip. Sport Med

Dr Richard Goudie is a resident of Barrie where he divides his work between the Emergency department, Barrie Sport Medicine clinic and a chronic pain clinic. With over 20 years of sports medicine experience, he is well equipped to guide the many fitness enthusiasts, recreational and elite competitors back to sport after injuries and various training difficulties. He has been part of multiple Health Care teams accompanying Team Canada to major games including the Olympics, Pan Am and Commonwealth Games. He was Chief Medial Officer for Team Canada at the Beijing and London Paralympic Games and is CMO for this summer's Para Pan Am games in Toronto.



FACULTY-BIOS continued

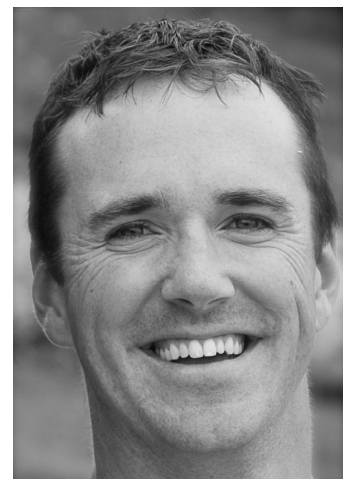
Douglas Misener , Rehabilitation Psychologist



Dr. Douglas Misener is a licensed psychologist, with practice specialization over the past 23 years in rehabilitation, clinical and performance psychology issues. He has worked with The National Ballet of Canada and Canadian Sport Institute of Ontario; in this capacity, he provides rehabilitation and performance related services to elite athletes and dancers, including Canadian Olympic and Paralympic team members. He has been a previous workshop leader for the CASEM Advanced Sport Medicine Skills Course, examiner for the MSK (Musculoskeletal Management) Sport Medicine Exam prep, and has presented at the Canadian Academy of Sport Medicine Annual Conferences. He has lectured widely on eating disorders, rehabilitation, stress and pain management, adjustment to disability, return to play, sleep dysfunction, injury-induced mood disorders, employability issues and life transitioning from athlete to the work world.

Rich Trenholm, CCFP, Dip. Sport Med

Dr Rich Trenholm has held active practices in Family, Obstetrics, and Sport and Exercise Medicine in Huntsville, ON since 2003. He is an avid triathlete, and has travelled around the world competing in many endurance events. Locally, Dr. Trenholm is a certified triathlon coach and President of the local endurance sport tourism organization, TriMuskoka, which is a not-for-profit organization that works hard to promote Muskoka as a sport tourism training and racing mecca for all those that push themselves in hopes of becoming better, stronger, and faster. The organization also works to engage local community residents to take up the challenge to become active, and to help install local infrastructure to promote a safe environment for everyone to pursue an active and healthy lifestyle.



SAMPLE AGENDA FROM 2014 (Final agenda tbc)**Thursday, August 27th, 2015**

For those arriving on Wednesday—on Thursday morning, a run, bike and/or yoga session will also be organized

Duration: 1:00pm—5:00pm (Half Day)

Possible Topics:

- Current Advanced Non-surgical Therapies for Tendinopathy Including PRP and Stem Cell Therapy
- Pelvic Dysfunction in Runners
- Soft Tissue Management in the Acute Recovery Period

Friday, August 28th, 2015

Duration: 8:00am—5:00pm (Full Day)

Possible topics:

- Pre-Participation
- Gastrointestinal Dysfunction in Endurance Exercise
- Workshops— Assessing Running Biomechanics
- Medical Tent Evaluation and Treatment
- Cardiac Issues in the Endurance Athlete
- A “Pot Pourri” of Endurance Issues
- Exercising in Heat Extremes
- Rehab of the Endurance Athlete
- Mental Health—Summer Endurance Sports: Revisiting the Elite Athlete Personality Profile.

Sunday, August 30th, 2015

Ironman Muskoka Canada—Details on page 9—10

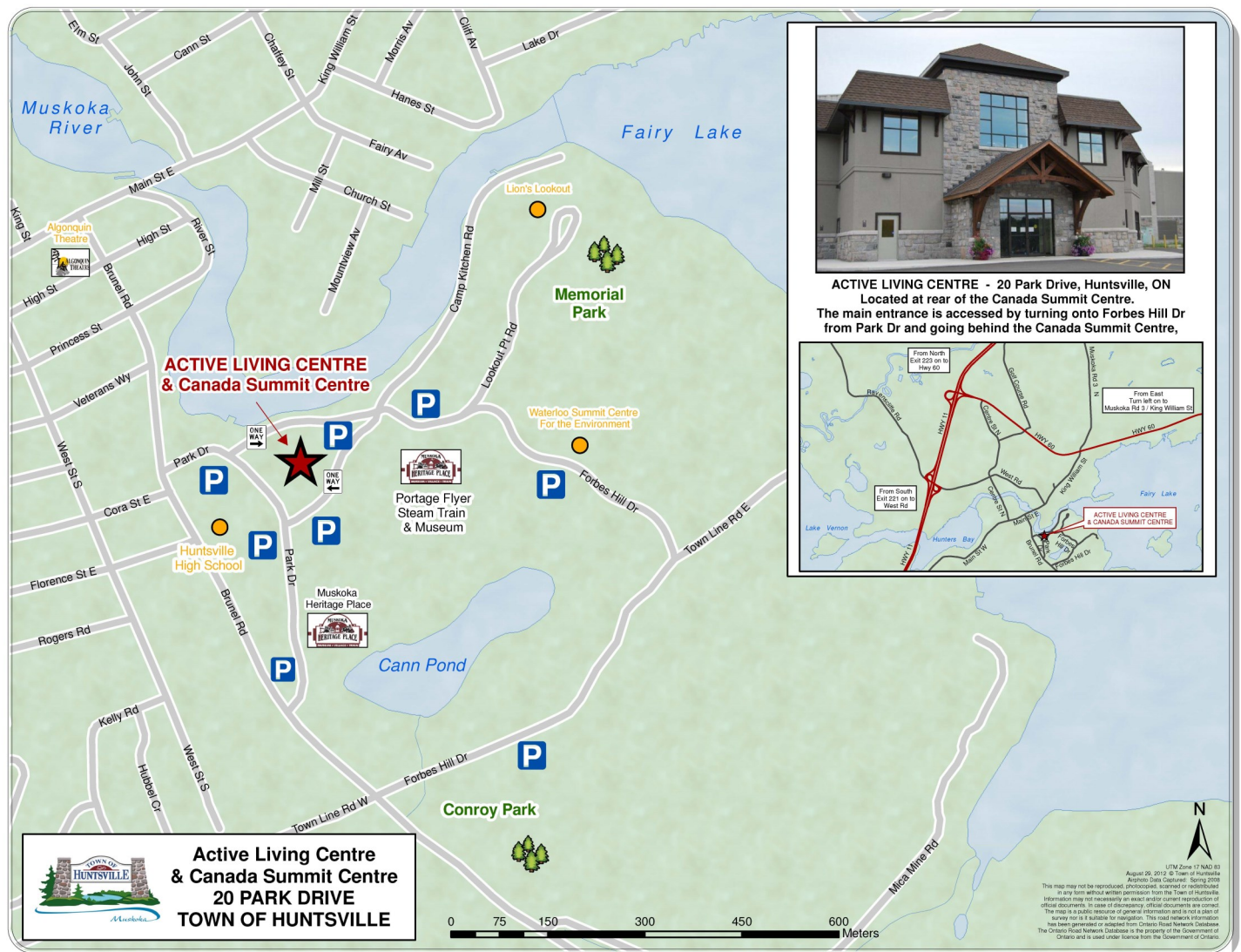


Course Location

The Active Learning Center

Huntsville– Muskoka, ON

Situated near the run course of Ironman Muskoka,
The ALC is located at 20 Park Drive, downtown Huntsville



ACCOMMODATION OPTIONS : BOOK EARLY TO ENSURE ROOM AVAILABILITY

See ALL accommodation options [online](#)



Holiday Inn Express Hotel and Suites (HOST) ***Note that a few rooms have been blocked off for CASEM members and must be reserved no later than 3 weeks before the course:***

100 Howland Dr., Huntsville, ON, P1H 2P9
(705)-788-9500

Comfort Inn Huntsville

86 King William St., Huntsville, ON, P1H 1E4
(705)-789-1701

Motel 6

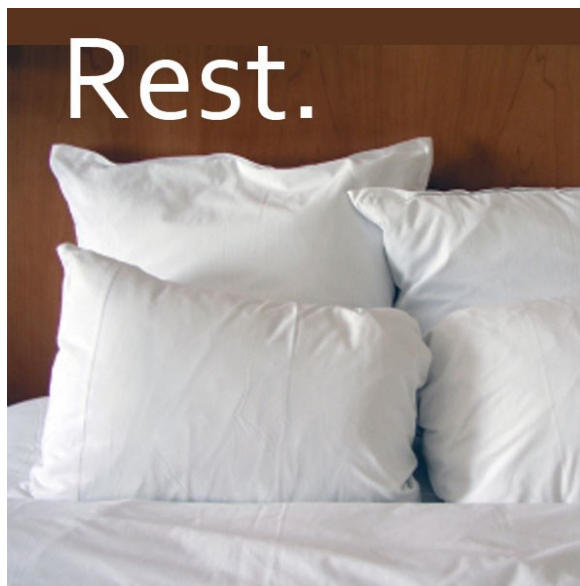
70 Howland Drive, Huntsville, ON P1H 2P9
(705) 787-0118

Best Western Muskoka Inn

86 Howland Drive, Huntsville, Ontario
(705) 788-3345 or (866) 895-3345

Hidden Valley Resort

1755 Valley Road, Huntsville, ON
(705)-789-2301 or toll free at 1-800-465-4171



King William Inn

23 King William Street, Huntsville
(705) 789-9661 or Toll-Free: 1-888-995-9169

Sunset Inn (Canada's Best Value Inn)

69 Main W, Huntsville ON
(705) 789-4414 or 1-866-874-5360

Cedar Grove Lodge

167 Grassmere Resort Rd, Huntsville, ON
(705) 789-4036

Clyffe House Cottage Resort

1010 Muskoka Road 10, Port Sydney, ON
(705)-385-2371 or 1-866-335-2236



VOLUNTEERING



Be a part of the Medical Team for the inaugural IRONMAN Muskoka in Huntsville.

We welcome a vast array of medical professionals to be a part of the Medical Team.

So, how do you volunteer? Follow these easy steps:

1. Go to our [IRONMAN Muskoka Medical Team website](#)
2. Read the entire page, and look at the table of available (and remaining) shifts for each of the volunteer positions.
3. Look at each of the job descriptions on the [IRONMAN Muskoka Medical Volunteer Job Descriptions website](#), and decide which position you want to volunteer for
4. Go back to the IRONMAN Medical Team main page, and scroll to the bottom and click on "REGISTER NOW"
5. This will take you to a form which you should fill out for each position/shift that you want to do. If you want to do more than one shift, you will have to submit a form for each position/shift that you want to do. Sorry, this is the easiest way that we can do it....the form should autofill most of your information.
6. After you submit the form, your information will be transferred to the Medical Coordinator for the corresponding area(s) that you are volunteering for, and they will be in touch with you shortly. If you do not hear back from them in a timely manner, please do not hesitate to contact me directly through [this](#) email address.

IRONMAN[®]

MUSKOKA CANADA

Ironman Muskoka

August 30th 2015-- Muskoka, Ontario, Canada

Huntsville, the site of IRONMAN Muskoka, is a vibrant community with a diverse selection of world-class restaurants, shopping, theatre, events and festivals, parks and museums. And there's a lot on offer: Visit a museum, hike a pristine trail, star gaze, relax in front of bonfire, swim or fish in sparkling waters, sip local wine or beer on a dock, get up close and personal with wildlife, pamper yourself at a spa, or enjoy one of the many events and festivals that reflect Muskoka's charm. The region truly has something for everyone, both athletes and spectators alike.

The 2.4 -mile, one-loop swim takes place in Peninsula Lake. The 112-mile bike course circles Lake of Bays, passing through the small communities of Dwight, Dorset, and Baysville. The 26.2 -mile run will take you through Muskoka County, downtown Huntsville past pink granite rock and cascading waterfalls.

This race offers 50 qualifying slots to the 2016 IRONMAN World Championship in Hawaii.

General Entry: \$700.00 CAD

(This fee includes HST but does not include Active Fees)

Registration: www.ironman.com/triathlon/events/americas/ironman/muskoka/register.aspx#axzz3cU9jQunD





ENDURANCE SPORT MEDICINE COURSE

August 27-28, 2015



REGISTRATION*

Registrations www.casem-acmse.org click on Events

CASEM Members	\$399.00
Non Members	\$499.00
Medical Students—CASEM members	\$100.00
Medical Students—Non members	\$200.00
Residents/Fellows—CASEM members	\$299.00
Residents/Fellows—Non CASEM	\$350.00

Registration Rate includes a breakfast, lunch, morning and afternoon breaks—the first 30 registrants will receive a special CASEM gift.

Name: _____

Address: _____

Address: _____

Email: _____

Payment: Credit Card- MC ☐ Visa ☐

Card Number _____

Expiry Date: _____

Signature: _____

CANCELLATION POLICY

\$100.00 cancellation fee will apply to all reimbursements issued **PRIOR to August 15, 2015**
After this date NO refunds will be issued.

Canadian Academy of Sport and Exercise Medicine (CASEM)
180 Elgin Street, Suite 1400
Ottawa ON K2P 2K3

***CASEM reserves the right to cancel the course should minimum numbers not be reached**