



AAPSM STAND ALONE MEETING

OCTOBER 21-23, 2022

Fairmont Olympic Hotel
Seattle, Washington

A program designed for
Podiatrists, Sports Medicine
Physicians, Foot & Ankle
Surgeons, Chiropractors,
Physical Therapists, Athletic
Trainers, Podiatry Residents,
Fellows in Training and Students.

Program Agenda: Friday, October 21, 2022

(Topics and speakers subject to change)

6:30 am – 8:00 am	Morning Run with Shoe Testing <i>Pick up shoes in Exhibit Hall</i>		Spanish Foyer
7:00 am – 7:45 am	Registration / Continental Breakfast / Exhibits		Spanish Foyer
7:45 am – 8:00 am	Welcome Address		Spanish Ballroom
8:00 am – 10:00 am	Lecture Hall – Session 1		Spanish Ballroom
8:00 am – 8:30 am	Craig Payne	Drinking the Kool Aid: The pervasiveness of pseudoscience in podiatric sports medicine • Learning Objective: Discuss how to better understand scientific information when exposed to conflicting data	
Internal MTPJ Panel Moderator: Joe Agostinelli			
8:30 am – 9:30 am	Panel: Rich Bouché John Grady	Panel Discussion: The enigmatic internal MTPJs: Non-operative vs. operative management of common pathologies • Learning Objective: Debate the evidence concerning treatments of common problems affecting the 2nd, 3rd & 4th MTPJs	
9:30 am – 10:00 am	Michael Donato	Foot position and its relationship to stability and mobility in strength training • Learning Objective: Discuss why foot position matters when weightlifting	
10:00 am – 10:30 am	Morning Break / Exhibits		Spanish Foyer
10:30 am – 12:30 pm	Lecture Hall – Session 2		Spanish Ballroom
10:30 am – 11:00 am	Leslie Yen	Diagnosis and treatment of neurogenic foot pain using ultrasound and hydrodissection • Learning Objective: Learn how to use ultrasound to evaluate nerves in the foot and ankle and understand the use of nerve hydrodissection	
11:00 am – 12:00 pm	Ludger Gerdesmeyer	ESWT: Stand-alone option or team player? • Learning Objective: Describe why ESWT as an excellent tool in the modern treatment concept as an add on option to standard care	
12:00 pm – 12:30 pm	Rob Conenello	2021 US case study review: The use of microwave therapy for the treatment of HPV, plantar verrucae and IPKs • Learning Objective: Discuss microwave therapy as a treatment option for plantar warts	
12:30 pm – 1:15 pm	Lunch Dessert / Exhibits		The Garden Spanish Foyer



Program Agenda: Friday, October 21, 2022, continued

(Topics and speakers subject to change)

CHOOSE THIS	1:15 pm – 3:15 pm	Workshops #1-7 Must Pre-Register for Workshops as follows: Select either: Workshop #1 OR Select ONE EACH from Workshops #2-4 AND Workshops #5-7 <i>NOTE: Some workshops limited to 30 people</i>		
	1:15 pm – 2:15 pm 2:15 pm – 3:15 pm	Maggie Fournier Jeff Pentek	#1: Provocative clinical maneuvers of common lower extremity pathologies Senate Hall • Learning Objective: Review, identify and develop skills to perform specific physical exam maneuvers for common pathologies of the lower extremity	
CHOOSE ONE	OR			
	1:15 pm – 2:15 pm	Leslie Yen	#2: Ultrasound evaluation of the nerve in the foot and ankle: Hands on workshop (repeat of workshop #5) Congress Hall • Learning Objective: Understand and practice the evaluation of the nerve in the foot and ankle using ultrasound	
	1:15 pm – 2:15 pm	Amol Saxena Adam Tenforde Ludger Gerdesmeyer	#3: Evidence based medicine shockwave update: What are the best protocols? When to use? Where to use? Parliament Hall • Learning Objective: Discuss indications and protocols for using shockwave therapy for foot and ankle pathologies	
	1:15 pm – 2:15 pm	Nancy Kadel	#4: Diagnosis and treatment of common dance injuries Council Hall • Learning Objective: Discuss the evaluation of the foot and ankle injury in the dancer and the treatment of these injuries	
CHOOSE ONE	PLUS			
	2:15 pm – 3:15pm	Leslie Yen	#5: Ultrasound evaluation of the nerve in the foot and ankle: Hands on workshop (repeat of workshop #2) Congress Hall • Learning Objective: Understand and practice the evaluation of the nerve in the foot and ankle using ultrasound	
	2:15 pm – 3:15pm	Jay Spector Ray McClanahan	#6: Teaching efficient running form and strengthening the foot (repeat of workshop 13) Metropole • Learning Objective: Evaluate patient biomechanics for movement dysfunction, prescribe simple corrective measures and build a program to help patients' foot strength	
	2:15 pm – 2:45pm	Maggie Fournier Clint Laird	#7: Cycling injuries, proper footwear & bike adjustments Parliament Hall • Learning Objective: Understand and describe lower extremity injuries specific to cycling and their treatment based on proper footwear and bike adjustments	
	2:45 pm – 3:15 pm	Jay Spector	#7: Teaching a dynamic stretching routine Parliament Hall • Learning Objective: Demonstrate how to do active stretches to reduce delayed onset muscle soreness (DOMS)	
	3:15 pm – 3:45 pm	Afternoon Break / Exhibits		Spanish Foyer
	3:45 pm – 6:00 pm	Lecture Hall – Session 3		Spanish Ballroom
	3:45 pm – 4:30 pm	Adam Tenforde	Bone injuries in athletes: What to look for, how to treat and how do we lower the risk? • Learning Objective: Discuss the risk factors and best practice to manage bone stress injuries in the athlete	
	4:30 pm – 5:15 pm	John Grady	The pediatric athlete: Special considerations in treatment • Learning Objective: Understand and describe sporting injuries specific to youth sports and their specific treatment protocol	
	5:15 pm – 6:00 pm	Dave Leffmann	Evaluating the complex patient: Stopping chronic pain before it starts • Learning Objective: Improve evaluation skills of the complex patient, employ a simple objective screening tool for risk of chronic pain and discuss treatment strategies and options	
6:00 pm – 9:00 pm		Brooks Experience and Evening Reception at Brooks Headquarters* Sponsored by Brooks Running <i>* Pre-registration is required / There is no additional fee for registrants to attend</i> Board buses at Hotel Main Entrance		

Program Agenda: Saturday, October 22, 2022

(Topics and speakers subject to change)

6:30 am – 8:00 am		Morning Run with Shoe Testing 5K run, pre run talk and warm-up to be led by the Brooks Beasts Pro Running Group Pick up shoes in Exhibit Hall	Spanish Foyer
7:00 am – 8:00 am		Sign In / Continental Breakfast / Exhibits	Spanish Foyer
8:00 am – 10:00 am		Lecture Hall – Session 4	Spanish Ballroom
Orthotics Panel: The Use of Custom Orthotic Devices in Athletes Moderator: Jay Spector			
8:00 am – 8:30 am	Craig Payne	Load management vs foot orthotics for overuse injuries • Learning Objective: Discuss the latest research and concepts regarding foot orthoses	
8:30 am – 9:00 am	Chris MacLean	Do custom orthotic devices weaken the foot? • Learning Objective: Discuss the musculoskeletal functionality of orthoses	
9:00 am – 9:30 am	Ben Pearl	Evolving sock technology: Fit, compression and moisture management • Learning Objective: Review current research in compression for vascular disease and post exercise recovery	
9:30 am – 10:00 am	Panel: Chris MacLean Craig Payne Ben Pearl Mark Reeves	Panel Discussion • Learning Objective: Discuss which custom foot orthotic device to use at the appropriate time and what the medical evidence states on the topic	
10:00 am – 10:30 am		Morning Break / Exhibits	Spanish Foyer
10:30 am – 12:30 pm		Workshops #8-15 Must Pre-Register for Workshops as follows: Select ONE each from: Workshops 8-11 PLUS Workshops 12-15 <i>NOTE: Some workshops limited to 30 people</i>	
CHOOSE ONE	10:30 am – 11:30 am	Don Greiert	#8: Shoe modifications for the athlete • Learning Objective: Discuss how to properly modify a shoe in the treatment of athletic population Council Hall
	10:30 am – 11:30 am	Adam Tenforde	#9: Where is the weakness: Physical exam of the athlete • Learning Objective: Describe physical examination techniques to optimize the evaluation of an athlete with injury Senate Hall
	10:30 am – 11:30 am	Gina Peterson	#10: Taping workshop • Learning Objective: Discuss and practice how to treat musculoskeletal conditions with athletic tape Parliament Hall
	10:30 am – 11:30 am	Danny Mackey	#11: Nutrition, recovery and periodization for the athlete • Learning Objective: Discuss what the best evidence based medicine nutrition choices are for athletes and the concepts of recovery and periodization of training Congress Hall
	PLUS		
CHOOSE ONE	11:30 am – 12:30 pm	Paul Langer	#12: 3D printed orthoses in the office: It's here! • Learning Objective: Discuss the different scanning methods, 3D printing methods and materials available and how both custom foot orthotics and footwear can be manufactured via 3D printing Council Hall
	11:30 am – 12:30 pm	Ray McClanahan Jay Spector	#13: Teaching efficient running form and strengthening the foot (<i>repeat of workshop 6</i>) • Learning Objective: Evaluate patient biomechanics for movement dysfunction, prescribe simple corrective measures and build a program to help patients' foot strength Metropole
	11:30 am – 12:30 pm	Gina Peterson	#14: How to identify and strengthen core weakness in the athlete • Learning Objective: Discuss how to identify core weakness and prescribe a simple core strengthening routine for patients Parliament Hall
	11:30 am – 12:30 pm	Larry Huppin	#15: The at-home biomechanics "Fellowship" plus 7 essential in-office orthotic modifications to improve clinical outcomes • Learning Objective: Discuss an easy-to-follow science-based online "curriculum" to learn modern biomechanics and orthotic therapy Congress Hall

Program Agenda: Saturday, October 22, 2022, *continued*

(Topics and speakers subject to change)

12:30 pm – 1:15 pm	Lunch	The Garden
	Dessert / Exhibits	Spanish Foyer
1:15 pm – 3:30 pm	Lecture Hall – Session 5	Spanish Ballroom
1:15 pm – 2:15 pm	Chris MacLean	Video gait exam
		• Learning Objective: Discuss how to conduct a proper gait analysis
Shoes and Injury Prevention Panel Moderator: Paul Langer		
2:15 pm – 3:30 pm	Panel: Jonathan Beverly Craig Payne Mark Reeves	Panel Discussion: What does the medical evidence report about shoes and injury prevention?
		• Learning Objective: Debate the evidence in the controversial association of running shoes with injuries
3:30 pm – 4:00 pm	Afternoon Break / Exhibits (Final opportunity to visit exhibitors)	Spanish Foyer
4:00 pm – 6:00 pm	Lecture Hall – Session 6	Spanish Ballroom
4:00 pm – 5:00 pm	John Grady	1 st MPJ: Fusion vs arthroplasty in the athlete
		• Learning Objective: Discuss the most appropriate approach in treating 1st MTPJ pathologies in the athlete
5:00 pm – 6:00 pm	Maggie Fournier	Gender in sports: How far we've come and where we're heading
		• Learning Objective: Discuss the history of gender issues in competitive sports and current policies
6:00 pm – 6:30 pm	Presentation of the Golden Foot and Distinguished Awards	Spanish Ballroom
6:30 pm – 7:30 pm	Lecture Hall – Session 7	Spanish Ballroom
Panel: Treatment for 3 Common Injuries: Past vs. Present Moderator: Joe Agostinelli		
6:30 pm – 7:30 pm	Paul Langer	Plantar fasciitis
	Howie Osterman	Achilles tendinosis
	Jay Spector	Medial tibial stress syndrome
		• Learning Objective: Discuss what treatments worked in the past for 3 common injuries and what the latest medical based evidence shows is now the best treatment
7:30 pm – 8:30 pm	50th Anniversary Evening Reception* * Pre-registration is required There is no additional fee for registrants to attend. There is a \$100 per person fee for significant others to attend.	Spanish Foyer

Program Agenda: Sunday, October 23, 2022

(Topics and speakers subject to change)

	7:00 am – 8:00 am	Sign In / Continental Breakfast	Spanish Foyer
	8:00 am – 10:00 am	Concurrent Sessions Part 1 – Choice of Two Options	
Choose this	Option 1: Ankle and Achilles Injuries		Congress Hall
	8:00 am – 8:30 am	Amol Saxena	Podiatry, Prejudice & Proposals • Learning Objective: Discuss barriers in medicine and society that limit a person and professions' success
	8:30 am – 9:15 am	Alicia Canzanese	Return to play following ankle injury • Learning Objective: Discuss proper return to play criteria in relation to proper rehabilitation principles and demonstrate objective measures and evaluation techniques that can be used to properly evaluate readiness for sport
	Foot and Ankle Arthroscopy Panel Moderator: Michael Donato		Congress Hall
	9:15 am – 10:00 am	Panel: John Grady Amol Saxena	Panel Discussion: Indications for foot and ankle arthroscopy • Learning Objective: Debate indications for ankle arthroscopy
Or this	Option 2: Mini Biomechanics Boot Camp – Part 1		Spanish Ballroom
	8:00 am – 10:00 am	Craig Payne	Practical applications of newer theoretical approaches ⇒ Role of forces vs. motion ⇒ Clinical tests to improve prescribing and clinical outcomes • Learning Objective: Discuss the practical application of all the latest thoughts, ideas, concepts, theories and research regarding lower extremity biomechanics
	10:00 am - 10:30 am	Morning Break	Spanish Foyer
	10:30 am – 12:30 pm	Concurrent Sessions Part 2 – Choice of Two Options	
Choose this	Option 1: Lecture Hall – Session 8		Congress Hall
	10:30 am – 11:30 am	Alicia Canzanese Ludger Gerdesmeyer	The inversion ankle sprain: Evidenced based approaches to treatment and rehabilitation • Learning Objective: Evaluate the current literature on the recommended current evidence based best treatment principles for acute ankle sprains and discuss how to structure a proper rehabilitation plan
	11:30 am – 12:10 pm	David Jenkins	Podiatric conditions seen in persons with intellectual disabilities • Learning Objective: Discuss several of the unique podiatric conditions seen in persons with intellectual disabilities
	12:10 pm – 12:30 pm	David Jenkins Timothy Dutra	Incorporation of Special Olympics Fit Feet into the academic setting • Learning Objective: Discuss the extraordinary educational and clinical training opportunities for podiatric medical students available from participation in Special Olympics Fit Fee, as well as reinforce biomechanical principles and application
Or this	Option 2: Mini Biomechanics Boot Camp – Part 2		Spanish Ballroom
	10:30 am – 12:30 pm	Craig Payne	Orthotic prescription variables ⇒ Linking the biomechanical assessment to the orthotic prescription ⇒ Altering foot orthoses to affect outcomes ⇒ The role of foot orthoses in sensory input ⇒ Prefabricated vs custom orthotics ⇒ Gait retraining vs orthotic modification of gait • Learning Objective: Discuss how to use prescription orthotics appropriately to prevent or treat athlete's injuries

Faculty

Joseph Agostinelli, DPM

Immediate Past President, Fellow,
American Academy of Podiatric Sports Medicine;
Retired Colonel USAF

Jonathan Beverly

Author, Editor in Chief, PodiumRunner

Richard Bouché, DPM

Podiatrist (retired), The Sports Medicine Clinic
at the University of Washington Medicine/Northwest
Hospital Campus;
Past President, Fellow, American Academy of
Podiatric Sports Medicine

Alicia Canzanese, DPM, ATC

Secretary/Treasurer, Fellow, American Academy of
Podiatric Sports Medicine;
Gordon Podiatry, LLC

Robert Conenello, DPM

Past President, Fellow, American Academy of Podiatric
Sports Medicine; Past Global Clinical Advisor and
Current Clinical Director New Jersey, Special Olympics;
Podiatrist, Orangetown Podiatry, PC

Michael Donato, DPM

Vice-President, Fellow, American Academy of
Podiatric Sports Medicine;
Rappahannock Foot & Ankle Specialists

Timothy Dutra, DPM, MS, MHCA

Clinical Director, Special Olympics of Northern
California Health Athletes Program; Assistant Professor &
Clinical Investigator, Samuel Merritt University
Past President, Fellow, American Academy of Podiatric
Sports Medicine

Maggie Fournier, DPM

Past President, Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Gundersen Health System

Ludger Gerdesmeyer, MD, PhD

Professor of Orthopedics, University of
Schlegsweg-Holstein, Kiel, Germany

John F. Grady, DPM

Residency Director, Advocate Christ Medical Center and
Advocate Children's Hospital;
Professor of Surgery and Applied Biomechanics, Rosalind
Franklin University, adjunct track;
Fellow, American Academy of Podiatric Sports Medicine

Don Greiert, CPED

The Sports Medicine Clinic at the University
of Washington Medicine/Northwest Hospital Campus

Lawrence Huppín, DPM

Associate, American Academy of Podiatric Sports Medicine;
Podiatrist, Foot & Ankle Center of Washington

David Jenkins, DPM

Professor, Arizona College of Podiatric Medicine,
Midwestern University; Global Clinical Advisor for Special
Olympics Fit Feet; Past President, Fellow, American
Academy of Podiatric Sports Medicine

Nancy Kadel, MD

Orthopedist, Sports, Dance and Performing Arts Medicine,
Seattle Spine & Sports Medicine;
President-Elect International Association for Dance Medicine &
Science (IADMS)

R. Clinton Laird, DPM

Director, Fellow, American Academy of Podiatric Sports Medicine;
McCormick Foot, Ankle & Vein Clinic, Port Charlotte, FL

Paul Langer, DPM

Past President, Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Twin Cities Orthopedics

David Leffmann, MPT

Physical Therapist, Seattle, Washington

Danny Mackey

Head Coach & Manager, Brooks Beasts Track Club

Dr. Christopher L. MacLean, Ph.D

Senior Applied Biomechanist, Fortius Lab, Fortius Sport &
Health, Burnaby, BC;
Senior Forensic Biomechanist, BIORECON Engineering,
Vancouver, BC;
Adjunct Professor, Faculty of Medicine, University of British Columbia,
Vancouver, BC;
Adjunct Professor, Faculty of Science, Simon Fraser
University, Burnaby, BC

Ray McClanahan, DPM

Associate, American Academy of Podiatric Sports Medicine;
Podiatrist, Northwest Foot & Ankle; Correct Toes

Howard Osterman, DPM

Past President, Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Foot & Ankle Specialists of the Mid-Atlantic

Craig Payne, DPM

Lecturer, Melbourne, Australia

Aaron Ben Pearl, DPM

Podiatrist, Virginia Hospital Center;
Fellow, American Academy of Podiatric Sports Medicine

Jeffrey Pentek, DPM

Podiatrist, Virginia Mason Franciscan Health;
Fellow, American Academy of Podiatric Sports Medicine

Gina Peterson, DPT, OMT, EP-C

IRG Center for Structural Medicine

Mark Reeves, DPM

Fellow, American Academy of Podiatric Sports Medicine

Amol Saxena, DPM

Past President, Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Palo Alto, California

Jay Spector, DPM

President, Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Atlanta Sports Podiatry

Adam Tenforde, MD

Sports Medicine, Physical Medicine and Rehabilitation,
Spaulding Rehabilitation Hospital and Spaulding National
Running Center

Leslie Yen, MD, CAQSM, RMSK, FACP

Primary Care Sports Medicine, Swedish Spine, Sports and
Musculoskeletal Medicine;
Primary Care Sports Medicine (Internal Medicine),
MSK Ultrasound

Directors, Officers & Staff

Program Director:

Jay Spector, DPM

AAPSM Officers:

President: Jay Spector, DPM

Vice-President: Michael Donato, DPM

Secretary / Treasurer: Alicia Canzanese, DPM

Director: Clint Laird DPM

Immediate Past President: Joseph Agostinelli,
DPM – Colonel, USAF Retired

Executive Director: Rita J. Yates

AAPSM Administrative Staff:

Scientific Event Manager: Paula Rowbury

AAPSM Website:

<http://www.aapsm.org/>

Continuing Education

Podiatrists:

This activity has been planned and implemented in accordance with the standards and requirements for approval of providers of continuing education in podiatric medicine through a joint provider agreement between the American Board of Podiatric Medicine (ABPM) and the American Academy of Podiatric Sports Medicine (AAPSM).

ABPM is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. ABPM has approved this activity for a maximum of 21.50 continuing education hours.

COVID Policy

All Registrants attending the AAPSM Stand Alone Meeting must comply with all local & state governmental COVID related policies that are in place during our meeting dates.

Please refer to the following website for up to date COVID policies that will impact our meeting in Seattle, Washington: www.fairmont.com/seattle

Since these policies are subject to change at any moment, we encourage you to bookmark this page and refer to it PRIOR to your trip to Seattle.

Program Learning Objectives:

1. Expand and integrate an understanding of the scientific as well as clinical knowledge of the lower extremity to better prevent and treat sports-related musculoskeletal conditions.
2. Facilitate a personalized educational experience through a comprehensive offering of instructional courses, panel discussions, and scientific presentations.
3. Integrate current basic science, translational research, and state-of-the-art procedures and technology into clinical practice.

Program Materials:

In an effort to reduce paper consumption the AAPSM Stand Alone meeting has elected to go green so we will NOT be handing out a hard copy of our program syllabus onsite. All registered participants will be given instructions on how to access a PDF file of the syllabus approximately 1 week prior to our program. We appreciate your support of our efforts to reduce waste.

Social Program

Morning Run with Shoe Testing

Friday, October 21, 2022

6:30 am – 8:00 am

Pick up shoes in Exhibit Hall (Metropole)

Brooks Experience and Evening Reception at Brooks Headquarters

Friday, October 21, 2022

6:00 pm – 9:00 pm

6:00 pm: Board buses for transfers to Brooks Headquarters (meet at Hotel Main Entrance)

6:30 – 7:00 pm: Keynote Address / Drinks / Light Appetizers

7:00 – 8:00 pm: Tour: Brooks Lab, Building and Trailhead Store (with buying experience)

8:00 – 9:00 pm: Dinner

9:00 pm: Bus transfers back to hotel

Note: Pre-registration is *required* for the Brooks Evening Reception. There is no additional fee for registrants to participate. This event is *not* open to significant others.

Morning Run with Shoe Testing

Saturday, October 22, 2022

6:30 am – 8:00 am

Pick up shoes in Exhibit Hall (Metropole)

The Saturday morning run will include a 10-minute pre-run talk and warm up with the Brooks Beasts Pros.

50th Anniversary Evening Reception and Award Presentations

Saturday, October 22, 2022

6:00 pm – 8:30 pm

6:00 – 6:30 pm: Award Presentations
(Spanish Ballroom)

- Golden Foot Award
- AAPSM Presidential Plaque
- Robert Barnes Distinguished Service Award
- President's Award
- AAPSM Lifetime Achievement Award

6:30 – 7:30 pm: Panel: Treatment for 3 Common Injuries: Past vs. Present (Spanish Ballroom)

7:30 – 8:30 pm: 50th Anniversary Evening Reception (Spanish Foyer)

Note: Pre-registration is *required* for the 50th Anniversary Evening Reception. There is no additional fee for registrants to participate. There is a \$100 per person fee for significant others to attend.



The Brooks Experience

The American Academy of Podiatric Sports Medicine is extremely grateful for Brooks' generous support of the AAPSM 50th Anniversary Celebration and our Stand Alone Meeting. We encourage all AAPSM Meeting registrants to take advantage of and participate in the following Brooks Experiences:

50th Anniversary Commemorative Jackets

Sponsored by Brooks Running

*Custom jacket design
to be revealed during
AAPSM meeting*



AAPSM Stand Alone Meeting registrants will receive the above 50th Anniversary commemorative jacket.

You will need to provide the following sizing details when registering for our meeting:

Gender: Male / Female

Size: XS / S / M / L / XL / XXL

Links for Brooks apparel sizing charts:

[Men's Apparel](#)

[Women's Apparel](#)

Note: You must register by June 8, 2022 to be guaranteed a commemorative jacket. After this deadline, jackets and sizes will be provided based on availability.

Brooks Experience and Evening Reception at Brooks Headquarters

Friday, October 21, 2022

6:00 pm – 9:00 pm

See the Social Program page of this brochure for complete details.

Note: Pre-registration is *required* for the Brooks Evening Reception. There is no additional fee for registrants to participate. This event is *not* open to significant others.

Morning Run led by Brooks Beasts Pro Running Group

Saturday, October 22, 2022

6:30 am – 8:00 am

Meet in Exhibit Hall (Metropole)

The Saturday morning run will include a 10-minute pre-run talk and warm up with the Brooks Beasts Pros.

Buying Experience at the Brooks Trailhead Store

The Brooks Running Trailhead Store will be open to all AAPSM registrants during the Brooks evening reception on Friday and during the dates of the AAPSM Stand Alone Meeting. Gait analysis will be available on a drop-in basis during your shopping experience.

Gait Analysis at Brooks Beasts Headquarters

Gait analysis will be available by drop-in or appointment at the Brooks exhibit during the exhibit hours of our meeting. It will also be available as drop-in only at the Brooks Headquarters during the Friday evening reception.

Contact Brooks Running directly with questions and/or to schedule an appointment: Toby.Rollinson@Brooksrunning.com

Roundtable with Brooks Product Team

Brooks Running will be sponsoring a sit down roundtable discussion with a limited group of AAPSM Stand Alone Meeting registrants.

Contact Brooks Running directly if you would like to participate: Toby.Rollinson@Brooksrunning.com



Conference Venue

Fairmont Olympic Hotel

411 University Street
Seattle, Washington 98101

Phone: 1-206-621-1700

Email: olympic@fairmont.com

Hotel URL for maps and directions:
<https://www.fairmont.com/seattle/>

Downtown Seattle's premier luxury hotel, the Fairmont Olympic captures the charm and elegance of the Italian Renaissance. Built in 1924 and located in the heart of the city, this legendary hotel offers breathtaking architecture, acclaimed dining and impeccable service. With spacious rooms and corridors, as well as a full-service fitness center and indoor pool/spa, The Fairmont Olympic shines as *the* classic must-experience hotel in Seattle.

Guest Room Reservations:

Dates Available: October 20, 21, 22, 2022

Single or Double Occupancy

Deluxe King **\$289 + tax**

Deluxe Double / Double **\$309 + tax**

Note: The AAPSM has secured a limited number of guest rooms at the discounted rates quoted above. These rates are only available to AAPSM meeting participants and will expire on 9/13/2022 OR when the AAPSM room block sells out – whichever comes first.

Online Reservations:

To access the AAPSM group rate, go to:
<https://book.passkey.com/go/AAPSM2022>

Room Cancellation Policy:

You must cancel by 3 pm no later than 48 hours prior to arrival to avoid a penalty in the amount of your full reservation nights.

Registration

Deadline: Friday, September 13, 2022

Register by June 8, 2022, to be guaranteed a 50th Anniversary AAPSM commemorative jacket courtesy of Brooks.

The **online registration** form can be accessed at:

<https://member.aapsm.org/conference>

- Space is limited and is offered on a first come, first served basis. We expect a full house.
- To take advantage of our early registration fees and the complimentary Brooks jacket, you must register by June 8, 2022.
- Online registration form closes after September 13, 2022.

2022 AAPSM Stand Alone Meeting Registration includes the following (for registrants only):

- Course materials
- Admission to all lecture hall sessions and panel discussions on Friday, Saturday and Sunday
- Choice of workshops each day on Friday and Saturday
- Meals: Breakfast, lunch and breaks on Friday and Saturday, Breakfast and break on Sunday
- Social Programs: Brooks Reception on Friday and 50th Anniversary Reception on Saturday. Morning runs on Saturday and Sunday.

Note: Pre-registration is *required* for the Friday and Saturday Receptions. There is no additional fee for registrants to attend either reception

Note: There is a \$100 per person fee for your significant other(s) to attend the 50th Anniversary Reception on Saturday.

Category	Tier 2 Discounted Rate through 6/8/2022	Standard Rate after 6/8/2022
AAPSM Fellow	\$450	\$550
AAPSM Member	\$450	\$550
Non Members	\$600 includes 1 yr AAPSM membership	\$699 includes 1 yr AAPSM membership
Residents & Fellows-in-Training	\$450	\$450
Students [†]	\$350 [†] \$200 Limited Scholarships available	\$350 [†] \$200 Limited Scholarships available

[†]Contact Rita Yates at ritayates2@aol.com to apply for a \$200 scholarship

Social Activities	Registrant	Significant Others
Friday Brooks Reception	Included w/ registration fee	open for registrants only
Saturday 50th Anniversary Reception	Included w/ registration fee	\$100/person

Cancellation Policy:

The payment made for your registration fee (less a \$25 processing fee) will be refunded for cancellations received in writing on or prior to 9/13/2022. All refunds will be processed and paid following the course. No refunds will be made for non-attendance or if cancellations are received after 9/13/2022. All course attendees will receive a full refund in the event that the AAPSM must cancel this course.

Contact
for more information:

Paula Rowbury,
Scientific Event Manager, AAPSM
Phone: **415-317-4265**
E-mail: rowburp.iags@gmail.com