

Directions and Parking

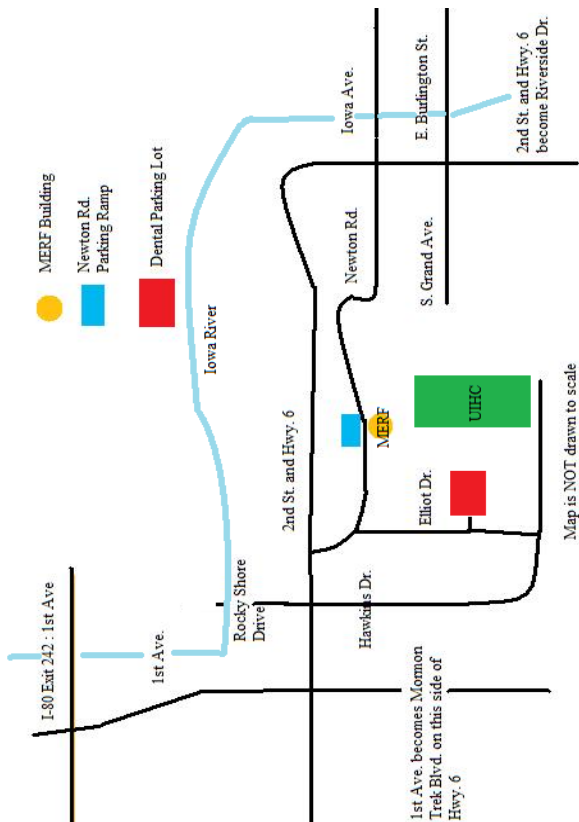
To MERF from I-80:

A. Newton Road Parking Ramp (cost will be ~\$7.00)

- Take exit 242: 1st Ave.
- Turn south on 1st Ave.
- Turn left (east) on 2nd Ave. (also Hwy. 6)
- Turn right (west) on Newton Rd. (away from the river)
- Follow Newton Rd. to entrance of Newton Rd. Parking Ramp at the west end of ramp past the metered parking
- **MERF building is across the street from Newton Rd. Parking Ramp.**
- For an alternate map see: <http://www.facilities.uiowa.edu/MasterPlan/Maps/HealthSciences/index.htm>

B. Alternative parking (FREE) 10 min. walk to MERF

- Continue on Newton Rd. past the Parking Ramp
- Turn left on Elliot Dr. (Carver Hawkeye Arena on the right)
- Take your 1st left (east) into Dental Visitors Lot or Lot 40 (both are across from Carver-Hawkeye Arena), if you get to Hawkins Dr. you have gone too far!
- Then walk to MERF by following Newton Rd. away from Carver-Hawkeye Arena. MERF will be on your right.



Black and Gold Running Symposium
University of Iowa
Physical Therapy Student Organization
Brittany Keyes
1-252 MEB
Iowa City, IA 52242



Black and Gold Running Symposium

March 6, 2010
8:00am-3:00pm

University of Iowa: Medical
Education and Research Facility
(MERF): 375 Newton Rd.
Iowa City, IA 52242



All proceeds will be donated to help offset student professional development opportunities and the Foundation for Physical Therapy, an organization that funds research in physical therapy to enhance the quality of services for patients and clients. (For more information visit: www.apta.org/foundation.)

Running Symposium Registration Form

- **Running Symposium registration:**
 - Early Bird (must be received by **February 22**): \$30 (Students \$20)
 - Day Of: \$40 (Students \$25)
- Price of registration includes lunch (register early to guarantee); Please email for vegetarian option.
- Please include payment with registration form.

Name: _____ \$
Name: _____ \$

Shirt Logo



Shirt Order: \$15 each (please specify quantity below)

- Unisex sizing
- Must pick up shirts day of symposium—they will not be mailed!
- Order must be **received** by **February 22** (Early Bird deadline)

Short Slv Dry-Fit __S__ __M__ __L__ __XL__ \$ _____

Long Slv T-Shirt __S__ __M__ __L__ __XL__ \$ _____

Total (Registrations + Shirts) \$ _____

Cash or Check ONLY (Please make checks payable to University of Iowa PT Student Organization)

No Refunds on registrations or shirt orders

Please fill out the following:

Name: _____

Email: _____

Address: _____

Phone: _____

If you are an individual with a disability who needs accommodation to attend this seminar, please contact 319-335-9792.

UI Physical Therapy Student Organization
Black and Gold Running Symposium

Brittany Keyes
1-252 MEB
University of Iowa
Iowa City, IA 52246

Schedule of Events—March 6, 2010

8:00 am—3:00 pm

MERF Atrium, University of Iowa

8am-8:20am

Check-in, MERF atrium

8:25am

Welcome

8:30am-9:20am

Keynote-**Erin Moeller**

9:30am-10:20am

Doug West

The Core: Where does it start, Where does it end, and How should we train it?

10:30am-11:20am

Candy Mullen & Rob Schmitt

Running for Life

11:30am

Lunch and Meet & Greet

12:30pm-1:20pm

Joe Dwyer

Athletic Shoe Fitting: All running shoes are not created equal!

1:30pm-2:20pm

Carol Vance

*Inflammation and Repair
Following Tissue Injury*

2:30pm-3:00pm

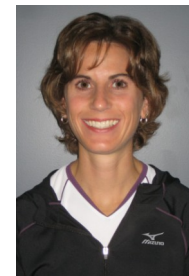
Keynote-**Diane Nukuri Johnson**

Meet and Greet to follow

Questions please email:

runningsymposium@hotmail.com

Keynotes:



Erin Moeller is an Iowa Native where she ran for North Linn High School. As a runner for Wartburg College, she was an All-American and national qualifier in cross country and track and field. Since graduation, she has completed ten marathons with six top 10 finishes, as well as numerous other races. In the 2008 USA Olympic Trials Marathon, she finished in 10th place and posted her fastest time of 2:36:51. As a wife and mother of 2, she currently resides in Mt Vernon, IA and is sponsored by Mizuno.



Diane Nukuri Johnson, at the age of 15, ran in the 2000 Olympics for her home country of Burundi. In 2006, she began racing as a Hawkeye where she was an All-American and national qualifier in cross country and track and field. She posted her fastest times of 4:20.95 in 1,500m, 15:59.39 in 5,000m, and 33:17.01 in 10,000m. Since graduation, she lives in Iowa City with her husband and is working towards qualifying for the 2012 USA Olympic Trials.

Joe Dwyer: Mr. Dwyer is co-owner of Running Wild in Coralville and Cedar Rapids. He has been a recreational runner for 30 years & has completed 17 marathons.

Candy Mullen & Rob Schmitt: Ms. Mullen has been an avid runner for over 35 years and has been on the board of the Cedar Valley Running Association for 15 years. Mr. Schmitt is also on the board of the CVRA and has completed 25 triathlons.

Carol Vance, PT: Carol Vance is an associate professor within the University of Iowa Department of Physical Therapy and is in the process of earning her PhD. in Physical Therapy and Rehabilitation Science. She is also a physical therapist at UIHC.

Doug West, PhD, ATC, LAT, CSCS: Dr. West has been the athletic trainer for the Iowa Cross Country and Track & Field teams since 2004. He has his PhD in Athletic Administration and is a Certified Strength and Conditioning Specialist.