

Registration

Name _____

Address _____

Phone _____

Email _____

Conference fee: \$140

MARCACSM Members: \$125

**Check or money orders payable to:
Cayuga Medical Center**

Mailed to

Sports Medicine and Athletic Performance

Attn: CLT SM Conference

Suite 5A

310 Taughannock Blvd.

Ithaca, New York 14850

Attendees may call in a credit card payment to



(607) 252-3580



Accommodations in Ithaca

Holiday Inn in downtown Ithaca

(607) 272-1000

Discounted rate for attendees if reservations made before June 30.



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Course Directors

Andrew R. Getzin, MD

Clinical Director, Cayuga Medical Center
Sports Medicine and Athletic Performance

Jake D. Veigel, MD

Cayuga Medical Center
Sports Medicine and Athletic Performance

Accreditation Statement

Cayuga Medical Center at Ithaca is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians. Cayuga Medical Center at Ithaca designates this educational activity for a maximum of 6 AMA PRA Category 1 Credit (tm). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement

Policies and standards of the Medical Society of the State of New York require that speakers and planners for continuing medical education activities disclose any relevant financial relationships they may have with commercial interests whose products, devices or services may be discussed in the content of a CME activity.



**Mid-Atlantic Regional Chapter of the
American College of Sports Medicine**

**Proudly Supports the Cayuga Lake Triathlon
Sports Medicine Conference**

*Please be sure to mark your calendar for our
Annual MARC-ACSM Conference, Harrisburg, PA
on November 4-5, 2011.*



www.ithacatriathlonclub.org



**Sports Medicine and Athletic
Performance**

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Ithaca, New York 14850
(607) 252-3580

SPORTS MEDICINE CONFERENCE 2011

AUGUST 6, 2011



ITHACA, NY



**Cayuga
Medical Center**

 Sports Medicine and
Athletic Performance

THE CENTER IS YOU

SMAPICGIAPI04.14.11XXXX

Program

- 8:00 a.m.-8:05 a.m. **Introduction**
Andrew Getzin, MD
- 8:05 a.m.-8:50 a.m. **Swimming: Medical and Musculoskeletal Problems**
Andrew Getzin, MD
- 8:50 a.m.-9:35 a.m. **Cycling Medicine**
Marc Silberman, MD
- 9:35 a.m.-10:20 a.m. **Train Low, Race High? Current Carbohydrate Recommendations for Endurance Athletes**
Cindy Milner, RD
- 10:20 a.m.-11:05 a.m. **Race Day Cayuga Lake Triathlon: 5 years, 5 pearls.**
Jake Veigel, MD
- 11:05 a.m.-11:50 a.m. **PRP for Treatment of Musculoskeletal Injuries**
Lisa Fortier, PhD, DVM
- 12:00 p.m.-1:00 p.m. **Lunch**

Attendees of the conference can pick 2 to 4 afternoon workshops to attend.

- 1:00 p.m.-2:00 p.m. **Workshops 1**
2:00 p.m.-3:00 p.m. **Workshops 2**

Workshops

Fix your Form, Learn to Run Efficiently, Treadmill Video
Brian Lee

MRI of the Knee
Walter Silbert

Swimming Technique, with Underwater Swim Camera
Mike Ariel

Performance Testing for Endurance Athletes
Frank Micale

7:00 a.m. - 3:00 p.m.
Island Health and Fitness Center
Thomas Ficorelli Community Room, 3rd floor
310 Taughannock Blvd
Ithaca, New York 14850

Bios

Andrew Getzin, MD

has been a sports medicine specialist in Ithaca, NY since 1999. He completed a sports medicine fellowship at Ohio State University. He is the medical director of the Cayuga Sports medicine and Athletic Performance. Dr. Getzin is the head team physician for Ithaca College and Tompkins-Cortland Community College, team physician for SUNY Cortland, USA Triathlon, and USOC. Dr. Getzin is one of the founders of the Ithaca Triathlon Club and its first president and previous assistant race director for the Cayuga Lake Triathlon. He is a competitive triathlete making All American for USAT the past 3 seasons.

Jake Veigel, MD

Upon completing his sports medicine fellowship at UMass, Jake Veigel, MD has been practicing sports medicine in Ithaca, NY where he is a team physician for Cornell University, Ithaca College, SUNY Cortland, and Tompkins-Cortland Community College. He also provides care to athletes from nine area high schools. Dr. Veigel has experience covering mass participation events including Boston Marathon, Fitchburg Longsjo Classic, Ogden Marathon and Nissan XTERRA Mountain Championship in Ogden, UT. He is the current medical director of the Cayuga Lake Triathlon.

Brian Lee, PT CSCS

A practicing physical therapist since 1996, Brian Lee, PT, CSCS, is faculty at the Cayuga Medical Center Physical Therapy Residency Program where he teaches the foot and ankle course. He is an expert in bike fit, running form, and swimming mechanics. Brian is a competitive endurance athlete and is knowledgeable about ChiRunning, POSE running, and Total Immersion swim techniques.

Frank Micale, MA, CES, CSCS

Frank Micale, MA, CES, CSCS received a B.S. degree in Physical Education and B.A. in Biology from the University of Colorado, Boulder. After obtaining his M.A. from San Diego State University in Applied Exercise Physiology he was hired as a faculty member at Ithaca College. Frank has been at Ithaca College for over 20 years where as a Clinical Associate Professor he teaches classes in principles of fitness evaluation, prescription, supervision, and administration and is Director of the Robert R. Colbert Sr. Wellness Clinic where he has performed exercise testing for over 20 years.

Walter Silbert, MD

Diagnostic Radiologist Walter Silbert, MD of Radiology Associates of Ithaca has been practicing general and musculoskeletal radiology since completing his musculoskeletal imaging fellowship at SUNY Upstate in 2006. Dr. Silbert works closely with his sports medicine and orthopedic colleagues as well as general practitioners to provide integrative care. Special interests include morphologic abnormalities of the hip including developmental dysplasia and femoroacetabular impingement. Dr. Silbert is an avid recreational cyclist and will be competing in the Cayuga Lake Triathlon 2011.

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Mike Ariel

Mike Ariel is a 4 year collegiate swimmer for Ithaca College and now serves as an assistant coach to the Men's Swim Team at Ithaca College. Mike also works for Cayuga Medical Center as a PT aid and Exercise Physiologist who works with Cayuga Center for Healthy Living, Physical Therapy, and Sports Medicine. Mike's specialty has revolved around swimming with an emphasis on stroke mechanics and injury prevention. He now enjoys training all three sports of swimming, biking, and running, Mike will be competing this year for the third time in the Cayuga Lake triathlon.

Marc Silberman, MD

Marc Silberman, MD has been a physician at the New York City Marathon, Marine Corps Marathon, Penn Relays, and US Pro Cycling Championships. He is currently the team physician for the Pingry School Football Team, Watchung Regional Hills High School Football Team, South Plainfield High School Football Team and Bernards Township (Ridge High School) School Physician.

Cynthia Milner, MEd, RD, CSSD, CDN

Board Certified in Sports Dietetics, Cynthia Milner, MEd, RD, CSSD, CDN, is a dietician at Cayuga Center for Healthy Living. Cindy specializes in sports nutrition, eating disorders, and weight-management. She received her B.S. in Dietetics from W.V. Wesleyan College, completed her dietetic internship at Emory University, and received a Masters of Health Education from SUNY Cortland. Cindy enjoys swimming and running and will be participating the Cayuga Lake Triathlon.



Lisa Fortier, DVM

Lisa Fortier, DVM is an Associate Professor of Surgery at Cornell University in Ithaca, NY. She received her DVM from Colorado State University and completed her PhD and surgical residency training at Cornell University. She is boarded with the American College of Veterinary Surgeons and is an active equine orthopedic surgeon at Cornell. Her laboratory studies the intracellular pathways involved in the pathogenesis of osteoarthritis, with particular emphasis on arthritis in relation to aging. In addition, Lisa's research program investigates the clinical application of stem cells and biologics such as PRP for cartilage repair and tendonitis. She has received the Jaques Lemans Award from the International Cartilage Repair Society, the New Investigator Research Award from the Orthopedic Research Society, and the Pfizer Research Award for Research Excellence from Cornell University. Lisa is the Vice President of the International Veterinary Regenerative Medicine Society and the immediate Past President of the International Cartilage Repair Society.

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