

Mission

In a collaborative effort to present current information related to the successful preparation and completion of competitive trail racing, the Athletic Training Education Program at Lock Haven University and the Pennsylvania Trail Dogs Running Club present the Sports Medicine Lecture Series. This series presents a variety of information related to trail running/hiking for individuals of all training levels. The lecture series presenters are all professionals with clinical experience related to their presentation topic. Each lecture has the consistent objective of injury prevention and performance enhancement to provide all participants with a training advantage.

Please forward all questions regarding the Sports Medicine Lecture Series to:

Joshua Drouin, PhD, ATC
Associate Professor
Department of Health Science
Lock Haven University
Lock Haven, PA 17745
570-484-2703
jdrouin@lhup.edu

LHU Sports Medicine Lecture Series

Presenters

Christopher McDougall: Author of “Born to Run”

Martha Michael, POSE Method® Certified Running Coach: POSE tech running

Joshua Drouin, PhD, ATC: Annual periodization for trail running

Eric Lippincott, PT, ATC: Strengthening for injury prevention

Steve Streator, PhD, ATC: Flexibility for injury prevention

Tim Moore, PT, ATC: Injury recognition and management

Jen Fleming, MS, RD: Optimal nutrition to enhance trail running performance

Joshua Drouin, PhD, ATC: preventing and recognizing heat and cold related injuries on race day

Lecture Series Schedule

- 1/21 Book signing with Christopher McDougall
- 1/28 POSE tech running
- 2/11 Periodization
- 2/18 Strengthening
- 3/4 Flexibility
- 3/11 Injury recognition
- 3/25 Nutrition
- 4/8 Heat and cold related injuries

Attendance to all lectures is free

No registration required

All lectures are held in Greenberg Auditorium of the Health Professions Building at 7:00pm.

See LHU campus map for directions to the Health Professions Building at www.lhup.edu/campus



Race Schedule

Tiadaghton 20K: March 27th
www.parunners.com/

Hyner Trail Challenge 25K: April 17th
www.hikerun.com/



Rothrock Challenge 30K: June 5th
www.rothrockchallenge.com



Bald Eagle Megatransect 25mi.: 10/2
www.ultrahike.com



**Coming 2011: The Black Forest Trail Ultra

Lock Haven University
Athletic Training Education Program
170 Health Professions Building
Lock Haven, PA 17745

LHU

Athletic Training Education Program and the PA Trail Dogs

Present

Sports Medicine Lecture Series

Health Professions Building
Lock Haven University
Lock Haven, PA