

**St. Luke's  
Roosevelt**

**Continuum** Health Partners, Inc.



**St. Luke's-Roosevelt Hospital Center's  
Cardiovascular Disease Prevention Program /  
Pre-Exercise Heart Screening Program &  
The Westchester Toughman Triathlon**

**Sports Medicine and Multi-sport Training Clinic**

**Sunday, March 14, 2010  
10 am - 4 pm**

**Roosevelt Hospital  
2nd Floor Conference Rooms B/C  
1000 Tenth Avenue  
New York, NY 10019**

**[www.slrhc.org](http://www.slrhc.org)  
[www.slrhc.org/heartdiseaseprevention](http://www.slrhc.org/heartdiseaseprevention)  
[www.westchestertoughman.com](http://www.westchestertoughman.com)**

<b>9:30-10am</b>	<b>Registration</b>
<b>10:00-10:15</b>	<b>Welcome and Introduction</b> <i>Merle Myerson, MD, EdD, Richard Izzo DC, CCSP</i>
<b>10:15-10:45</b>	<b>Exercise &amp; Your Heart</b> <i>Merle Myerson, MD, EdD</i>
<b>10:45-11:15</b>	<b>Highlights of Toughman Half Iron Triathlon '09</b> <i>Richard Izzo, DC, CCSP</i>
<b>11:15-11:45</b>	<b>Proper Swim Technique</b> <i>Stefan Bill</i>
<b>11:45-12:15</b>	<b>Bike Training for the Endurance Athlete</b> <i>Anthony Carillo</i>
<b>12:15-12:45</b>	<b>Break / Vendor expo and concession</b>
<b>12:45-1:15</b>	<b>Run Training for the Endurance Athlete</b> <i>Mike Keohane</i>
<b>1:15-1:45</b>	<b>Nutrition for Athletes</b> <i>Brian Shea</i>
<b>1:45-2:15</b>	<b>Prevention of Triathlon Injuries</b> <i>Marc A. Bochner, DC</i>
<b>2:15-2:45</b>	<b>Treatment of Overuse Injuries</b> <i>Mark Klion, MD</i>
<b>2:45-3:15</b>	<b>Psychology of Peak Performance</b> <i>Tom Holland MS, CSCS</i>
<b>3:15-3:45</b>	<b>Panel Discussion</b>
<b>3:45-4:00</b>	<b>Closing Remarks</b> <i>Merle Myerson, MD, EdD; Richard Izzo, DC, CSCS</i>
<b>4:00</b>	<b>Vendor expo</b>

## CLINIC CO-CHAIRS

### **Merle Myerson, MD, EdD, FACC**

Dr. Myerson is a cardiologist and Director of the St. Luke's-Roosevelt Hospital Cardiovascular Disease Prevention Program and Pre-Exercise Heart Screening Program. She holds a doctorate in Applied and Exercise Physiology and in addition to her clinical work, she is active in research and teaching. Dr. Myerson competed in track and field as an undergraduate at Columbia University and in competitive cycling during graduate school.

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### **Richard Izzo, DC, CCSP**

Dr. Izzo is a ten-time Ironman finisher (with a PR of 10:16 in 2006), 29-time marathon finisher with 200 triathlons completed over a 20-year career. He is founder and race director of the Westchester Toughman Half Iron distance triathlon and Westchester Triathlon Club and past chairperson of the Westchester Triathlon. Dr. Izzo is a practicing sports Chiropractor in Rye Brook, New York since 1990.

## **FACULTY**

### **Stefan Bill**

Mr. Bill is senior coach for Total Immersion, head swim coach for SBR Multisports, TriBy3, and USA Swimming. He is president of Team New York Aquatics, 2007-2008 Consulting coach to the West Point Triathlon Team, and 2006 and 2007 USMS All-American.

### **Marc A. Bochner, DC**

Dr. Bochner is a board-certified sports Chiropractor who has practiced in New York City for the last 20 years. He is a competitive age-group runner and triathlete and has competed in the Maccabi Games and the New York City Marathon. He is currently the Medical Director of the Westchester Toughman Triathlon, founder of Sports Chiropractors of New York that provides certified sports chiropractors for multi-sport events.

### **Anthony Carillo**

Mr. Carillo is a USAT Certified Level I triathlon coach and full-time coach for the Asphalt Green Triathlon Club in New York City. He has competed in 22 Ironman Triathlons including six Hawaii Ironman World Championships and 11 Ironman USA-Lake Placid races, raced for Team USA in the 2002 Long Course World Championship in France and achieved USAT "All American Honors." Personal bests are Ironman California in 9:43 and Boston Marathon 2:50. He is the creator of Iron Yoga, a combination of yoga and strength training. His book and video "Iron Yoga" was published by Rodale Press in 2005.

### **Tom Holland, MS, CSCS**

Dr. Holland is an exercise physiologist and sports performance coach. He is the author of "The Marathon Method" and "The 12-Week Triathlon" and owner of Tom Holland's Athletic Club in New Canaan, Connecticut. His third book, "Secrets of an Elite Trainer" will be published by William Morrow in 2010. He is an elite endurance athlete and has completed 18 Ironman triathlons and over 60 marathons around the world.

### **Mike Keohane**

Mike Keohane was nationally ranked in the marathon in 1989 with a best marathon time of 2:16:24, and best half marathon time is 1:04:03. He won the Olympic Marathon trial in 1992 and won a bronze medal at the Sydney Paralympics in 2000 in the marathon. He has coached distance runners at Columbia University. For the past 19 years he has worked for Super Runners Shop managing stores, conducting shoe fit clinics, conducting running classes, and giving coaching presentations at running seminars.

### **Mark Klion, MD**

Dr. Klion is an orthopedic surgeon with specialty training in sports medicine. He is a clinical instructor at the Mount Sinai School of Medicine and is a member of the shoulder and sports medicine service with extensive experience in arthroscopic rotator cuff repairs and shoulder stabilization procedures. Dr. Klion has completed nine Ironman Triathlons including Hawaii. He serves as medical co-director of the New York City Triathlon and Westchester Toughman. Along with Dr. James Capozzi he is the creator of the bodyworksMD DVD Home Rehabilitation Series.

### **Brian Shea**

Mr. Shea has over 20 years of experience as an athlete, coach, and consultant. He has formulated athlete nutrition programs for professional athletes including Ironman Canada & Arizona Champion Jordan Rapp, five-time world champion Simon Lessing, and five-time Ironman champion Heather Gollnick. Mr. Shea is an accomplished athlete having competed in every distance from 5K to the Ironman Triathlon with a personal best of 9:31.

## **VENDORS**

Bochner Sports Chiropractic • CGI Racing • Fireman Ironman Triathlon Camps • Foot Locker  
Habitat for Humanity • Leukemia and Lymphoma Society • TNT Chapters of NY and NJ  
Mossman Triathlon Club of Connecticut • New York Triathlon Club • Personal Best Nutrition  
Polar • SBR • St. Luke's-Roosevelt Division of Cardiology and Cardio-Diagnostic Services  
Sunrise Tri • Tom Holland Training • Total Immersion • True Motion Apparel  
Westchester Toughman Triathlon • West Side YMCA



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