



# Queen's Endurance Summit

**Saturday April 10, 2010**

Location: Queen's University - School of Kinesiology and Health Studies Building  
28 Division Street, Kingston, Ontario, K7L 3N6

**Cost: \$30.00 (until March 26)**

(After March 26, cost is \$40)

*BONUS: All those registering before March 26 will also get a free ticket to attend the World University Cross Country Championships at Fort Henry the following day.*

**Limited Space is available! Register now!**

Go to: [xc2010.com](http://xc2010.com)

8:30am - 9:00am (Registration)

9:00am



9:50am

## It's not just about the miles! 10k to Marathon Training

There are significant differences in preparing for maximum performance over the marathon and 10,000m. Dave will discuss his approaches to preparing for each event, using specific examples from his elite group of athletes.

### Dave Scott-Thomas

- has developed one of the premiere collegiate programs and one of the top overall endurance groups in the country at the University of Guelph
- served as a Canadian Senior National Team Coach for the past thirteen years
- His teams have set numerous OUA/CIS records, winning twenty-one OUA titles and sixteen CIS titles in the past eleven years. Scott-Thomas is a nineteen-time OUA and sixteen-time
- CIS Coach of the Year as well as being a three-time Fox 40 OUA Coach of the Year-all sports recipient (2002-03, 2007-08, 2008-09) and Ontario High Performance Coach of The Year (2007).
- He has worked with numerous National medalists and champions, All-Canadians, National Team members, including several Olympians & World Championship Team athletes such as: Reid Coolsaet (World Champs 2005, 09); Hilary Stellingwerff (World Champs, 2007); Taylor Milne (Olympic Games, 2008); Eric Gillis (Olympic Games, 2008); Rob Watson (World Champs, 2009).

10:10am



11:00am

## Endurance Running Injuries - The Plague of Chronic Left Turns

The effect of endurance training on a track can have specific effects on the body. When anyone thinks of running, you imagine nothing but symmetry in what the right and left sides of your body are doing. Running on a track changes all of that and introduces specific asymmetries that, with repetitive stress, become injuries. Iliotibial band syndrome, Achilles tendonitis, plantar fasciitis, 'piriformis syndrome' to name just a few, all have a mechanical, and more importantly, preventable source. An introduction to these mechanical sources will be discussed as well as a specific case example in Eric Gillis (Olympian 2008) - how he changed his 10,000m track body into a marathon mileage body, successfully.

### Brenda Scott-Thomas

- physiotherapist for 14 years and owner of Speed River Physiotherapy
- works with several of our top endurance athletes
- has been part of Canada's medical team and events around the world
- National Team Physiotherapist (NACAC track & XC; Chiba Ekiden team in 2008)
- Brenda was an accomplished national level runner in the middle distances from the late '80s to the mid '90s and uses her knowledge as an elite runner to better understand the mechanics of running injuries in her practice.
- She educates and treats beginning level / recreational runners as well as the elite level National team members and Olympians in Guelph

11:10am



12noon

### From Elementary to Elite

Our four presenters will each chronicle their own journey from elementary school to become elite runners for Canada. The remainder of the time will be open to questions from participants attending the conference. This session is an opportunity to learn all the secrets about training, racing and what it is like to compete at the World or Olympic games.

#### Reid Coolsaet

- 25th at the World Marathon Champ (2:16:58, Berlin 2009)
- Multiple national championship titles & Canadian Teams; Originally from Hamilton; resides in Guelph where he lead that team to multiple national titles in XC

#### Dylan Wykes

- 33rd at the 2009 World Marathon Champ (2:18:00); Personal Best 2:16.21; from Kingston, he attended Frontenac SS; Providence College; currently in grad. school at Queen's Univ.
- Has represented Canada multiple times around the world

#### Steve Boyd

- This Kingstonian and Queen's grad is a 6 x National Champ & 6 x National Team member; 5k (13:46); 10k (28:29); Marathon (2:17)
- continues to run competitively (4 Canadian masters records) and is one of the top masters runners in the World; Also coaches all levels, from kids learning the sport right up to the elite level with Dylan Wykes here in Kingston

#### Thelma Wright

- Represented Canada at two Olympics, during the 1970s was recognized as one of the world's leading middle distance and cross-country runners, setting Canadian records.
- Won medals at Commonwealth, Pan Am and World Student Games
- 7 time Canadian Champion in cross-country
- She is now working as Canada's National Event Group Coach for Endurance

12noon - 1:15pm (Lunch on your own)

1:15pm



2:05pm

### Running is Mental!

Endurance athletes by the very nature of the sport know all too well how important the mental sides is to success. Steve will bring his experience of working with athletes at all levels and help provide you with the tools to be successful long before the gun goes off in your next race. As they say "Prior Preparation Prevents Poor Performance" and while you have to put in the long workouts to become physically prepare you must also prepare yourself psychologically for the big day.

#### Steve Roxborough

- Dir. of Mental Skills Training at Ottawa 67's Sports Performance Centre
- Bachelor of Science; Masters of Arts in Human Kinetics - University of Ottawa
- Former Canadian National Kickboxing Champion (Sanshou)
- Competed on Canadian National Team for 2 years - Pan American Bronze Medalist
- Competed in the World Championships
- 6 years experience as Strength Coach and Mental Skills Coach of High Performance Athletes

3:30pm



4:30pm

### Eating for Success in Endurance Events!

What we eat directly impacts how we feel and how well our body functions. The foods an athlete chooses to consume influence important factors including performance, recovery time, and concentration. Proper nutrition for athlete performance and success is a complex science that is often neglected. This session will focus on nutrition for optimal achievement in endurance sports. Some of the topics that will be covered include: (1) the importance of healthy eating; (2) how to make good food choices; (3) meal timing and portion size; healthy snacks to fuel a workout; (4) foods for recovery; (5) the importance of water; and (6) supplementation.

#### Mariane Héroux

- Bachelor of Science with Honors in Human Kinetics - University of Ottawa
- Masters of Science in Community Health and Epidemiology - Queen's University
- PhD Candidate in Kinesiology and Health Studies - Queen's University
- Registered Holistic Nutritionist (RHN) - Canadian School of Natural Nutrition
- NCCP level 2 certified women's gymnastics coach
- Former provincial gymnast

3:30pm



4:30pm

### A Train More, Be Injured Less!

Blaise is one of the most dynamic speakers you will meet and has presented around the world. This session will provide you with the most current research into running performance and how to avoid the endurance triathlon of "train-injury-rehab". Biomechanics, stretching, shoes and many other hot-button topics in running will be exposed and he will break down the research into something you can walk away with and understand and apply to your own situation.

#### Blaise Dubois

- National Team Physiotherapist for Canada
- Teaches at the Faculty of Medicine (Laval University)
- Founder of [therunningclinic.ca](http://therunningclinic.ca) and the course New Trends in the Prevention of Running Injuries