

**Jordan D. Metzl, MD and *Triathlete Magazine* invite you to:**

***The 2nd Annual Amazing Night of Triathlon Education***

**February 10, 2010  
Rockefeller University, Caspary Auditorium, 68th and York Ave  
6:00-9:00 PM**

Program is free but **RSVP is needed** to attend. Please send name and working email address to:  
**[trisymposium@gmail.com](mailto:trisymposium@gmail.com)**

**Will cap at 600 people so sign up ASAP or you'll be left out in the cold....**

***"The most amazing night of triathlon education east of the Mississippi river"***

**\*\* Loads of great information \*\* Quick talks on multiple topics \*\*  
\*\* Trivia questions for great prizes \*\* Fun for the whole family \*\***

**PROGRAM**

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| <b>6:00-6:30</b> | <b>Sign-In and Registration</b>  |
| <b>6:30-6:35</b> | <b>Welcome and Introduction</b><br><i>Jordan Metzl, MD</i>   |
| <b>6:35-6:45</b> | <b>Five Most Common Injuries in Triathlon and How You Can Avoid Them</b><br><i>Jordan Metzl, MD</i>  |
| <b>6:45-6:55</b> | <b>Running Safe and Healthy: Common Mechanical Mistakes by Runners</b><br><i>Rob Maschi, DPT</i>   |
| <b>6:55-7:05</b> | <b>Strength Training for Dummies</b><br><i>Jonathan Cane, MA and Paul Frediani</i>   |
| <b>7:05-7:35</b> | <b>Speed Session: So You Wanna Go Fast?</b><br><i>How to Improve Swim Speed in 10 Minutes, Earl Walton</i><br><i>How to Improve Run Speed in 10 Minutes, Neil Cook and Josh Gold</i><br><i>How to Improve Bike Speed in 10 Minutes, Andreas and Christine Neumeier</i> |
| <b>7:35-7:50</b> | <b>Six Most Common Nutritional Mistakes Made by Triathletes and How to Avoid Them</b><br><i>Lauren Antonucci, RD and Jaime Windrow, RD</i>   |
| <b>7:50-8:20</b> | <b>Gear Talks: For The Tri Geek Inside of You</b><br><i>New Triathlon Gear for 2010, Laura Cozik and Christophe Vandaele</i><br><i>Running Shoes: What Everyone Should Know, Lee Silverman</i><br><i>How Do I Choose a Bike? David Greenfield</i>                      |
| <b>8:20-8:30</b> | <b>Channeling Your Inner Beast</b><br><i>Paul Weiss, PhD</i>   |
| <b>8:30-9:00</b> | <b>Roundtable Discussion of Area Triathlon Coaches</b><br><i>John Korff, Scott Willett, Robert Pennino, and Ben Lloyd</i>  |

## FACULTY

<b>Jordan D. Metzl, MD</b>	<b>Sports Medicine Physician, Hospital for Special Surgery Medical Columnist, <i>Triathlete Magazine</i> <a href="http://www.DrJordanMetzl.com">www.DrJordanMetzl.com</a></b>
<b>Rob Maschi, DPT, CSCS</b>	<b>Senior Physical Therapist, Hospital for Special Surgery Author, <i>A Runner's Guide to Plyometrics and Core Strength Training</i> <a href="http://www.runmetrics.net">www.runmetrics.net</a></b>
<b>Jonathan Cane, MA</b>	<b>Founder, City Coach Author, <i>Complete Idiot's Guide to Weight Training</i> <a href="http://www.citycoach.org">www.citycoach.org</a></b>
<b>Paul Frediani</b>	<b>Founder, JCC Triathlon Program Author, <i>TriPower: The Ultimate Strength Training, Core Conditioning, Endurance, and Flexibility Program for Triathlon Success</i> <a href="http://www.paulfrediani.com">www.paulfrediani.com</a></b>
<b>Earl Walton</b>	<b>Swim Coach, TriLife Coaching NYC <a href="http://www.trilife.org">www.trilife.org</a></b>
<b>Neil Cook</b>	<b>Manager and Head Coach, Asphalt Green Multisport Program <a href="http://www.AGTri.com">www.AGTri.com</a></b>
<b>Josh Gold</b>	<b>Coach, Asphalt Green Triathlon Club <a href="http://www.AGTri.com">www.AGTri.com</a></b>
<b>Andreas &amp; Christine Neumeier</b>	<b>Cycling Coaches, Terrier Tri Triathlon Team <a href="http://www.terriertri.com">www.terriertri.com</a></b>
<b>Lauren Antonucci, MS, RD, CSSD, CDE, CDN</b>	<b>Founding Director, Nutrition Energy <a href="http://www.NutritionEnergy.com">www.NutritionEnergy.com</a></b>
<b>Jaime Windrow, RD</b>	<b>Nutritionist <a href="http://www.jaimewindrow.com">www.jaimewindrow.com</a></b>
<b>Laura Cozik</b>	<b>Founder and CEO, Team Lipstick Triathlon <a href="http://www.teamlipstick.com">www.teamlipstick.com</a></b>
<b>Christophe Vandaele</b>	<b>Founder, SBR Triathlon Shop <a href="http://www.sbrshop.com">www.sbrshop.com</a></b>
<b>Lee Silverman</b>	<b>Founder, Jack Rabbit Sports <a href="http://www.jackrabbitsports.com">www.jackrabbitsports.com</a></b>
<b>David Greenfield</b>	<b>Founder, Elite Bicycles <a href="http://www.elitebicycles.com">www.elitebicycles.com</a></b>
<b>Paul Weiss, PhD</b>	<b>Senior Program Director, Asphalt Green <a href="http://www.asphaltgreen.org">www.asphaltgreen.org</a></b>
<b>John Korff</b>	<b>Organizer, New York City Triathlon <a href="http://www.korffenterprises.com">www.korffenterprises.com</a></b>
<b>Scott Willett</b>	<b>Co-Founder, TriLife Coaching NYC Head Coach, TNT <a href="http://www.trilife.org">www.trilife.org</a></b>
<b>Robert Pennino</b>	<b>CEO and Founder, Terrier Tri Triathlon Team <a href="http://www.terriertri.com">www.terriertri.com</a></b>
<b>Ben Lloyd</b>	<b>Coach, Asphalt Green Triathlon Club, TriBL Coaching <a href="http://www.TriBLcoaching.com">www.TriBLcoaching.com</a></b>