

# 1<sup>st</sup> International Israeli Conference on Healthy Running

*A Scientific Program for health professionals and runners to learn the newest advances in running health including prevention, treatment, and technology, in conjunction with the Tiberias Marathon*

January 2-4, 2019

Baruch Padeh Medical Center

Poriya, Israel



## Co-chairmen:

**Ron Golan, MD, PhD:** Chairman, Israel Society of Sports Medicine; Medical Director of Tiberias Marathon; Cardiac rehabilitation & Sports Medicine, Ziv Medical Center, Zefat, Israel

**Jordan D Metz, MD:** Sports Medicine Physician, Hospital for Special Surgery, NYC, NY, USA; Associate Professor, Cornell Medical School, NYC; Runner's World Medical Advisory Board; Author of *Dr. Jordan Metz's Running Strong*, 35 time marathon runner

**Sponsored by GoHeja and Handy Cure**



## Wednesday, January 2, 2019

**7:30-8:45 Conference Registration**

**8:45-9:00 Welcome:** Erez Onn, MD, MHA, MA, Director General  
The BARUCH-PADEH Medical Center, PORIYA

**Intro:** Benefits and challenges of the running population- **JD Metzl, USA**

### ***Running for Health Professionals: Optimizing the Care of Runners***

**9:00-10:00 Optimizing Runner's Energy Balance, Nutrition and Microbiome**

Moderator: **Tzachi Knaan, Israel**

09:00-09:30 Is it possible that aerobic exercise does not contribute to the Total Daily Energy Expenditure? **Tzachi Knaan, Israel**

09:30-10:00 Prolonged Aerobic Training, the Human Microbiome, and its relationships with Performance and Health- **Guy Shalmon, Israel**

**10:00-10:30 Coffee break**

**10:30-12:30 Optimizing the Runner's Body**

Moderator: **Jordan D. Metzl, USA**

10:30-11:00 Common injury patterns in runners and how to effectively prevent and treat them - **Jordan D. Metzl, USA**

11:00-11:30 Biomechanics of effective running – **Noam Reshef, Israel**

11:30-12:00 Leg pain in Runners: Differential diagnosis and management  
**Iftach Hetsroni, Israel**

12:00-12:20 Running injuries or runners with an injury? Physical therapy in diagnosis, management and prevention – **Johnathan Rom, Israel**

12:20-12:30 Running shoes: Basic concepts and recent upgrades – **Yuval Brown, Israel**

**12:30-13:30 – LUNCH**

**13:30-15:00 Optimizing Runner's Physiology**

Moderator: **Ron Golan, Israel**

13:30-13:50 Circadian control of daily variance in athletic performance- from physiological to molecular dissection – **Saar Ezagouri, Israel**

13:50-14:10 Thermoregulation in Long Distance Running: Best Practice for Training and Competing in Different Environmental Conditions – **Itay Ketko, Israel**

14:10-14:50 Lab tests, field tests, and their applications in training methods of amateur and professional long distance runners - **Andrew Jones, UK**

14:50-15:00 Q&A - **Andrew Jones, UK**

**15:00-15:30 Coffee break**

**15:30-17:00 The Runner's Heart**

Moderator: **Doron Sudarski, Israel**

15:30-16:00 Long distance running and sudden cardiac death – should I be concerned?  
**Doron Sudarski, Israel**

16:00-16:30 Cardiac Remodeling in Long Distance Runners: Acute and Chronic Effects  
**Ronen Reuveny, Israel**

16:30-17:00 Cardiovascular Evaluation of Long Distance Runners: Risks and Methods  
**Saar Minha, Israel**

## Thursday, January 3, 2019

**07:30-08:30 Conference Registration**

**08:30-13:00 Case-Based Running Medicine: A Team-Based Approach**

08:30-10:00 **Session 1: Running Physiology and Health**

Moderator: **Ron Golan, Israel**

Is Long Distance Running Good for your Heart? **Saar Minha, Israel**

Case 1: Overtraining and cardiorespiratory limitations – **Ron Golan**

Case 2: Cardiovascular limitations after a cardiac event- **Minha/Sudarski**

The polarized training concept: From Theory to application- **Nir Bdolach, Israel**

In cooperation with  **GoHeja**

10:00-10:30 **Coffee break**

10:30-11:30 **Session 2: Running Mechanics and Health**

Moderator: **Jordan D. Metz, USA**

Case No. 1: Overuse injuries in runners- **Noam Reshef, Israel**

Case No. 2: Stress Fractures in runners - **Iftach Hetsroni, Israel**

Case No. 3: **Dror Lindner, Israel**

Case No. 4: **Jordan D. Metz, USA**

11:30-12:30 **Session no. 3: Psychology of Healthy Long-Distance Running**

Moderators: **Kobi Oren, Amir Weiss - Israel**

Participants: Galit Birenboim-Navon (Ultra Runner)

Eitan Hermon (Unique Runner) and more

## Special Program for the Community of Runners Thursday, 3.1.19, 14:00-18:00

**Keeping your Motor Running and Healthy:** Current Science and Updates on Health and Performance for Runners

**Welcome:** Ron Golan, MD, PHD

14:00-14:25 What is the Best Way to Care for My Runner's Body? **Jordan D. Metz, USA**

14:25-14:50 Is there a best diet for optimal running performance? **Tzahi Knaan, Israel**

14:50-15:20 **Panel discussion: What Does it Take to Be Your Best Runner?**

Moderator: Jordan D. Metz, USA

Participants: Andrew Jones, UK (Professor of Physiology & Marathon Runner)

Tzahi Knaan, Israel (Nutritionist & Ultra Runner)

Kobi Oren, Israel (Clinical Psychologist, International Elite Ultra Runner & Trainer)

Nir Bdolach, Israel (Physical Education Master & Trainer)

**15:20-15:40 Coffee break**

15:40-16:00 Is Running Safe for Your Heart? **Saar Minha, Israel**

16:00-16:20 Overuse injuries and stress fractures in runners – **Noam Reshef, Israel**

16:20-16:40 The polarized training concept: From Theory to application

**Nir Bdolach, Israel**

In cooperation with  **GoHeja**

16:40-17:00 How can I safely maximize running physiological responses and performance?

**Andrew Jones, UK**

**17:00-18:00 Gentle Yoga/Stretch for Runners**

## **Field Experience for conference participants**

### **Friday, 4.1.2019**

A visit and observation in the medical tent of Tiberias Marathon\*, or Participation in the running/walking events (10K, Half or Full marathon) \*\*

06:00-07:00 Breakfast

07:15-07:30 Short introduction to the medical staff & medical tent of Tiberias Marathon

07:30 Start of the Half and Full Marathon events

07:45-13:30 Small group observation in the medical tent

14:00 Wrap Up/Program Ends

\* For full conference participants  
Required pre-event registration with Dr. Golan (limited places)  
Please, take care of your own food and beverages during this event

\*\* Required registration in the Race's website (<https://www.tiberiasmarathon.com/en>)

### **Conference Fees (NIS)**

	<b>Early registration (until 12.12.18)</b>	<b>Late registration (12-30.12.18)</b>
1 day (2.1.19 or 3.1.19)	200 NIS	260 NIS
2 day (2-3.1.19)	270 NIS*	330 NIS
Runners' meeting (3.1.19, afternoon)	100 NIS	150 NIS

\* Early registrants for the 2-days conference will receive a 150 NIS Saucony gift card.  
And a lottery will be conducted between these registrants, in which the winner will get a HandyCure Personal Laser Therapy unit (estimated value of 985\$ in the US)

Registration website (<http://running-medicine.co.il>) is available from Monday, 12.11.18

For any questions, please write to [Rongol@netvision.net.il](mailto:Rongol@netvision.net.il)