IIRM Mission

To promote the health and safety of athletes participating in endurance events through education, research, and the development of medical best practices.
To accomplish its mission, the IIRM strives to:

- Improve clinical care for participants in road races and similar large-scale sporting events.
- Promote the use of standardized reliable medical race protocols at endurance events.
- Provide education for medical and health care providers through live medical conferences, distance learning programs, videos and resource materials, and e-journal publications.
- Provide education for endurance athletes through online videos, resource materials, and social media.
IIRM Event Membership
Why should you join?
What are the benefits?
IIRM members have access to a variety of online resource materials:

The 92-page “IIRM Medical Manual” developed in conjunction with Loughborough University and the Matthew Good Foundation.

Exercise Associated Hyponatremia During and Following Marathon

William O. Roberts, MD, MS, FACSM
Medical Director – Twin Cities Marathon
& Professor
Department of Family Medicine
University of Minnesota Medical School

Video presentations from sports medicine conferences including topics on sudden death in marathons, exercise-associated hyponatremia, hydration planning, exertional heat illnesses and heat stroke, management of musculoskeletal injuries, how to manage an incident command system, and more.

continued....
The IIRM e-journal *Endurance and Sports Medicine*.

**Event Medical Guidelines and Algorithms**
- Exercise-Associated Collapse (EAC)
- EAC with Dehydration
- Hyperthermia
- Hypoglycemia
- Hyponatremia
- Hypothermia
- iSTAT Usage
- Muscle Cramping

**Medical Records Forms**
- Beach to Beacon 10K
- Boston Marathon
- Chicago Marathon
- Houston Marathon
- NY Marathon
- Tokyo Marathon
- Twin City Marathon
IIRM members also have access to the following invaluable resources:

**Expert advice**, if needed, from the IIRM leadership (see slides 11-13) and other international leaders in the field of endurance race medicine.

**IIRM-hosted continuing education activities** at a discounted rate (online distance-learning coming soon).

**Worldwide networking and knowledge-sharing opportunities** with medical and health care professionals involved with endurance events.
When you join as an **IIRM EVENT MEMBER**, you will receive a unique code associated with your event. This code allows ALL your medical volunteers and others associated with your event’s medical care and safety to join the IIRM as complimentary individual members.

There are two categories for event members:

- **Single Event Membership**: includes a main race and its smaller accompanying activities
- **Multiple Event Membership**: includes various races held throughout the year, such as the Rock ‘n Roll Marathon Series. A unique code is provided for each race so that you can track who and how many volunteers have signed up for the IIRM membership through your Event Membership.
What are annual dues for the IIRM Event Membership?

- Single Event (one race per year, with accompanying activities on the same day/weekend): $250
- Multiple Event (more than one race per year): $500
- AIMS, World Athletics, and RRCA Events First-Year Introductory Offer: $100
- AIMS, World Athletics, and RRCA Events Yearly Renewal: $200

*If paying by check, it must be drawn on a US bank.*
How do you join the International Institute for Race Medicine?

Go to [www.racemedicine.org](http://www.racemedicine.org) and click on

Checks can also be accepted when you register online by selecting the “mail-in” option.
IIRM Leadership

Executive Board

Rebecca Breslow, MD — Sports Medicine Physician, Department of Orthopaedic Surgery, Brigham & Women’s Hospital in Boston, MA

George Chiampas, DO — Chicago Marathon Medical Director

John Cianca, MD — IIRM Board Chair; Houston Marathon Medical Director

Pierre d’Hemecourt, MD — Boston Marathon Co-Medical Chair

Cathy Fieseler, MD — Head Team Physician for the University of Texas; National Educator for Team in Training

Matthias Krüll, MD — BMW Berlin Marathon Medical Director

William O. Roberts, MD — IIRM Founder; Twin Cities Marathon Medical Director

Martin Schwellnus, MD — Director of the FIFA Medical Center of Excellence in Cape Town; Director of the IOC Research Center

Matthew Sedgley, MD — Baltimore Running Festival Medical Director

Sanjay Sharma, MD — The Virgin London Marathon Medical Director

Ui May Tan, MD — Dublin Marathon and Race Series Medical Director

Chris Troyanos, ATC — IIRM Executive Director; Boston Marathon Co-Medical Coordinator

Stuart Weiss, MD — New York City Marathon Medical Director

Fumihiro Yamasawa, MD — Tokyo Marathon Medical Director
Advisory Board
Paolo Emilio Adami — Medical Manager, Health and Science Department, World Athletics
Douglas Casa, PhD, ATC — Chief Executive Officer, Korey Stringer Institute, Storrs, CT
Rob Galloway, MD — Brighton Marathon Weekend (U.K.) Medical Director
Tim Good — Chairman of the Matthew Good Foundation, East Yorkshire, England
Mark A. Harrast, MD — Seattle Marathon Medical Director; Medical Director of the University of Washington’s Sports Medicine Center
Dave McGillivray — Founder, DMSE Sports; Boston Marathon Race Director
Francis G. O’Connor, MD, COL Ret. — Medical Director for the Consortium on Health and Military Performance, Uniformed Services University of the Health Sciences, Bethesda, MD
P.Z. Pearce, MD — National Medical Director for the Rock ’n’ Roll Marathons and Tri Rock Triathlon Series

Research Board
Kate Ackerman, MD — Medical Director of the Female Athlete Program at Boston Children’s Hospital, MA
Aaron L. Baggish, MD — Boston Marathon Co-Medical Chair; Associate Director of the Massachusetts General Hospital’s Cardiovascular Performance Program
Sam Cheuvront, PhD, RD — Research Physiologist in the Thermal and Mountain Medicine Division at the U.S. Army Research Institute of Environmental Medicine (USARIEM)
Maria Hopman, MD, PhD — Researcher and Professor with a focus on cardiovascular regulation and adaptation to exercise training, Netherlands
Kourtney Kipps, MD — Medical Director for the London Triathlon, Blenheim Triathlon, and London’s Run To The Beat Half Marathon; London Marathon Assistant Medical Director
Daniel E. Lieberman, PhD — Edwin M. Lerner II Professor of Human Evolutionary Biology and Department Chair of Human Evolutionary Biology at Harvard University
Anthony Luke, MD — San Francisco Medical Director
Stephen Mears, PhD — Project leader researching delivery of medical care at endurance events around the world
Country Ambassadors

Mats Börjesson, MD, PhD (Sweden) — Professor at Göteborg University and Sahlgrenska University Hospital; Director of the Centre for Health and Performance, Göteborg University; Team Doctor, Sweden Women’s National Football Team and the Ivory Coast Men’s National Football Team

Lowell Greib, MSc, ND, CISSN (Canada) — Instructor for the Canadian Memorial Chiropractic College, National University of Natural Medicine, and the University of West Indies; President, theSportLab; Toronto Marathon Medical Director

Yuri Hosokawa, PhD, ATC (Japan) — Science Advisor for Sport Safety Japan, NPO; Assistant Professor, Waseda University

Kathleen M. Powers, RN, IBCLC (United States, Southeast Region) — Perinatal Educator, Manatee Memorial Hospital, Bradenton, FL; Race Medicine Nurse for Boston, Marine Corps, Houston, New York, and Cowtown Marathons

Scott J. Rein (China) — Founder/President of Western Medical Consulting, a Chinese company engaged in integrating specialty western care into the Chinese market

Sudeep Satpathy, MBBS, MD — International sports physician who has worked in the RIO Olympics, Asian Indoor Games, BWF World Championships, Indian Super League, BCCI, Union Cycliste Internationale, and other large sporting events

Shibu Varghese, MD — Orthopedic surgeon with fellowship training in orthopedic sports medicine and extensive experience in the field of sports medicine, injury prevention, and medical education; Chief medical officer of Abu Dhabi Saracens Rugby Club

Description of the IIRM Ambassador Program

This program includes individuals from various countries who have agreed to help the IIRM expand its global efforts by sharing evidence-based recommendations for medical care provided at their local endurance races. Ambassadors also help with networking by identifying key individuals in their community who can help fulfill the IIRM mission. Key tasks of the IIRM Ambassadors are to guide local IIRM event members as they disseminate medical education to their volunteers, help create new learning opportunities through facilitation of live and video presentations, and work with IIRM leadership to expand educational outreach to race participants.

If you are interested, or if you know someone who may be interested, in becoming an IIRM Country Ambassador, please contact IIRM Executive Director Chris Troyanos, ATC, at Troyanos@comcast.net.
QUESTIONS?

Please write to the IIRM member services at membership@racemedicine.org or call 240-271-1657.