MedStar Health presents the IIRM and World Athletics
Washington, DC Webinar Conference

Endurance Medicine & COVID-19:
The Way Ahead
November 6-7, 2020
Jointly sponsored by the West Virginia University
School of Medicine and Cogent Steps.

FACULTY LIST

**Kathryn E. Ackerman, MD, MPH**
Endocrinologist/Sports Medicine Physician/Medical Director, Female Athlete Program, Division of Sports Medicine, Boston Children’s Hospital, Boston, MA; Assistant Professor of Medicine, Harvard Medical School, Boston, MA; Team Physician, US Rowing (former national team lightweight rower). Dr. Ackerman’s clinical and research interests are in female athletes, endurance sports performance, sports endocrinology, relative energy deficiency in sports (RED-S), athletes with diabetes, exercise-associated hyponatremia, and exercise and bone health. She is a member of the World Rowing medical commission and a consultant for the International Olympic Committee.

**Paolo Emilio Adami, MD**
Medical Manager, Health and Science Department, World Athletics, Monaco Principality. Dr. Adami is currently completing his PhD in exercise physiology at the University of Rome “Foro Italico” while investigating the cardiovascular and metabolic adaptations to high intensity training modalities. He is a former consultant for MED-EX/Medicine and Exercise (medical partner of the Formula 1 Scuderia Ferrari and WEC Endurance Racing Teams) and the Sports Cardiology Department at the Sports Medicine and Sciences Institute of the Italian Olympic Committee.

**Steven A. Adelman, ESQ**
Head of Adelman Law Group, PLLC, Scottsdale; Vice President, Event Safety Alliance. Mr. Adelman’s law practice focuses on risk and safety at live events throughout North America, and he serves as an expert witness in crowd-related lawsuits. He is principal author of the authoritative Crowd Management standard in the United States, ANSI ES1.9-2020 and was lead author of the Event Safety Alliance Reopening Guide, which has been translated into nearly a dozen foreign languages. Dr. Adelman is also a law school professor teaching “Risk Management in Venues,” author of the “Adelman on Venues” blog and “Ask Steve” video series explaining legal issues at live events. He frequently appears in national and local media analyzing safety and security incidents at public accommodations.

**Stéphane Bermon, MD, PhD**
Medical Director, Health and Science Department, World Athletics, Monaco Principality; Former Member (2004-2015), Medical and Anti-Doping Commission, International Associations of Athletics Federations (now called World Athletics); Author, 60+ peer-reviewed articles and books. Dr. Bermon's research interests have focused on exercise immunology and applied science in athletics, including endocrinology and physical performances.
John M. Bertsch, CSSP
Executive Director, Global Safety and Security for IRONMAN® Group based in Kailua Kona, HI. Mr. Bertsch leads the planning, preparation, response and recovery from disruptive events which may impact IRONMAN® Groups’ employees or global business operations. In this role, he is tasked with implementing global standards for excellence in event production and safety for over 300 participatory sporting events including triathlons, road cycling, mountain biking, and marathons (safeguarding up to one million competing athletes annually). An IRONMAN® World Championship finisher himself, Mr. Bertsch has competed in numerous triathlons, marathons, and sporting events and has been a youth soccer coach for 20 years.

Rebecca G. Breslow, MD
Associate Physician, Primary Care Sports Medicine, Brigham & Women’s Hospital, Boston, MA; Instructor in Orthopaedic Surgery, Harvard Medical School, Boston, MA; USA Track & Field Team Physician for 2019 IAAF World Outdoor Championships and upcoming 2021 Tokyo Olympic Games; Member of the Sports Medicine and Science Committee, USA Track & Field; Executive Board Member, International Institute for Race Medicine; Boston Marathon Medical Committee. Dr. Breslow’s specific running-related interests are in road race medicine, non-operative treatment of musculoskeletal injuries, sports injury prevention, and fitness.

Jeffrey L. Brown, PsyD, ABPP
Assistant Professor, Department of Psychiatry at Harvard Medical School, Boston, MA; Scientific Advisory Board, Runner’s World magazine; Lead Psychologist, Boston Marathon medical team. Dr. Brown has been cited by Men’s Health, ESPN, The Wall Street Journal, The Boston Globe, and numerous other national media outlets. He is the author of The Winner’s Brain: 8 Strategies Great Minds Use to Achieve Success, which has been published in over a dozen languages. His most recent book, The Runner’s Brain, is popular with both novice and experienced runners wanting to maximize the mental aspects of their abilities.

George T. Chiampas, DO
Assistant Professor and Attending Physician, Department of Emergency Medicine and the Department of Orthopedic Surgery, Feinberg School of Medicine, Northwestern University and Northwestern Memorial Hospital, Chicago, IL; Associate Director of EMS and Medical Director for Community and Sports Event Preparedness and Management, Northwestern Memorial Hospital; EMS Director, Chicago Police Department. Dr. Chiampas also serves as the Chief Medical Officer for U.S. Soccer and the Bank of America Chicago Marathon and is the team physician for the Chicago Blackhawks. He has supported multiple scientific journals in his role as editor and serves on several advisory boards specific to public and youth sports safety. Dr. Chiampas’ professional goal is to enhance sports and public safety for individual and team sports through mass event emergency preparedness, policy, and process implementation utilizing best practices.

John Cianca, MD
Chair and Past-President, IIRM Board of Directors; Adjunct Professor, Departments of Physical Medicine & Rehabilitation, Baylor College of Medicine and the University of Texas Health Science Center, Houston, TX; Fellow, American Academy of Physical Medicine and Rehabilitation; CAQ Sports Medicine; Fellow, American College of Sports Medicine; Fellow, American Academy of Medical Acupuncture; Board certified in acupuncture and RMSK certified in musculoskeletal ultrasound. Dr. Cianca has a private practice in Houston (since 2004) and he was the Medical Director of the Houston Marathon from 1998-2020.

Rory A. Cooper, PhD
FISA/PVA Distinguished Professor and Past Chair, Department of Rehabilitation Science & Technology and Professor of Bioengineering, Physical Med & Rehab, and Orthopedic Surgery at the University of Pittsburgh (Pitt), PA; Founding Director and VA Senior Research Career Scientist, Human Engineering Research Laboratories, Pitt; Adjunct Professor, Robotics Institute, Carnegie Mellon University, Pittsburgh, PA; Adjunct Professor, Department of Physical Medicine &
Rehabilitation, Uniformed Services University of Health Sciences, Bethesda, MD; Honorary Professor, Hong Kong Polytechnic University; and Honorary Professor with Honorary Doctorate, Xi’an Jiaotong University, China. Dr. Cooper has authored or co-authored over 350 peer-reviewed journal publications, 28 patents awarded or pending and 16 technologies licensed. He is the author of Rehabilitation Engineering Applied to Mobility and Manipulation and Wheelchair Selection and Configuration and co-editor of An Introduction to Rehabilitation Engineering, Warrior Transition Leader: Medical Rehabilitation Handbook, Promoting Successful Integration, and Care of the Combat Amputee.

Dr. Cooper was a bronze medalist in the 1988 Paralympic Games, Seoul Republic of Korea. He was on the steering committee for the 1996 Paralympic Scientific Congress (Atlanta, GA) and was the Sports Scientist for the 2008 U.S. Paralympic Team in Beijing, China. In 2013, he was awarded the International Paralympic Scientific Achievement Award. Dr. Cooper and his inventions related to spinal cord injury, advanced mobility devices, and assistive technologies have received coverage by NY Times, Washington Post, TIME, CNN, Forbes, ESPN, NBC, BMJ, Reuters, NPR, and other national and international media outlets.

B. Elizabeth Delasobera, MD, FACEP
Medical Director, MedStar Health Urgent Care (VA, MD, DC); Director of Primary Care Sports Medicine, MedStar Health (DC Region); Associate Program Director, Primary Care Sports Medicine Fellowship and Assistant Professor, Georgetown University School of Medicine, Washington, DC; Head Primary Care Team Physician, Washington Capitals (NHL Hockey Team)

Claudia Dent
Senior Vice President of Product Marketing, Everbridge, Inc. (global software company). Ms. Dent has over 20 years of experience in the technology industry and has held executive positions in product management, marketing, business development, and general management at companies ranging from start-up to large global enterprises including IBM, Rational Software, Interleaf, Compuware, and Gomez.

Jennifer Edwards
Falmouth Road Race General Manager, Cape Cod, MA; Director of Special Projects, DMSE Sports, Inc., Woburn, MA; Hydration Station Coordinator, Boston Marathon; Race Director for Falmouth’s Holidays by the Sea Jingle Jog. Ms. Edwards is a graduate of UMASS Amherst with a master’s degree in Speech-Language Pathology, she worked in the healthcare field for over 15 years before transitioning to the running industry. She is a former high school track and XC runner and high school track coach.

Korin B. Hudson, MD, FACEP, CAQ-SM
Associate Professor, Georgetown University, Washington, DC; Attending Physician at MedStar Health practicing in Washington, DC, Maryland, and Northern Virginia; Team Physician, Georgetown University; Assistant Team Physician, Washington Wizards, Consulting Physician, Washington Capitals; Member, NCAA Division I Concussion Safety Protocol Committee. Dr. Hudson conducts research in the field of concussion evaluation, prevention, and treatment and has an interest in Emergency Action Planning at all levels of sports and athletics participation.

M. Sean Huffman, MS, ATC, PT
Vice President for Sports Medicine, MedStar Health, Columbia, MD; Past-President, Neighborhood Care (ambulatory division of OhioHealth), Columbus, OH; Former Senior Vice-President, HealthSouth; Finisher of 42 marathons, including eight Marine Corps Marathons.
Col. (R) Mylene Huynh, MD, MPH, IFMCP (USAF)
Board Certified in Preventive Medicine, Family Medicine, and Functional Medicine; Integrative Pain Management Physician, Walter Reed National Military Medical Center, Bethesda, MD. After 21+ years of active duty service, Dr. Huynh founded TruPoint Health in Fairfax, VA, to serve her community in reversing chronic diseases and empowering well-being among her patients. She holds appointment as Adjunct Assistant Professor in the Department of Preventive Medicine and Biometrics, Uniformed Services University of the Health Sciences, Bethesda, MD.

Michael Iser
Vice President, Associated Insurance and Risk Management Advisors (since 1977), Chicago, IL; Practice Leader, Race and Special Events Practice Group (providing education, consultation services, and developing insurance programs for events of all sizes). Mr. Iser’s areas of specialty also include nonprofit organizations, religious institutions, retail jewelers, and personal risk management. He is a member of the International Institute of Race Medicine, Running USA, The Event Safety Alliance, Road Race Management, and NCS4 and has served as a member of the World Athletics IIRM Outbreak Prevention Advisory Task Force.

Matthias Krüll, MD
Assistant Professor, Pulmonary and Internal Medicine and Infectious Diseases, Charité Medical School, Humboldt University, Berlin, Germany; Medical Director, BMW Berlin-Marathon (42,000 runners and 10,000 inline skaters). Dr. Krüll was Vice-Medical Director of the 2009 IAAF World Championships (Berlin) and Medical Director of the 2018 European-Athletics Championships (Berlin) and is now in advisory capacity as Medical Delegate for European Athletics association, EA.

Kathryn D. McElheny, MD
Assistant Attending Physician, Hospital for Hospital for Special Surgery, New York, NY; Fellowship trained and board certified in sports medicine; Non-Operative Medical Director, New York Mets baseball team. Dr. McElheny is committed to caring for athletes of all ages, levels and disciplines, but in the context of her initial training in pediatrics, she is especially dedicated to managing injuries experienced by youth athletes.

Dave McGillivray
Race Director, Boston Marathon (since 2001); Founder (1981), DMSE Sports, Inc., a firm that manages mass-participatory road race events such as marathons, half marathons, 10Ks, 5-milers, 5Ks, and charity walks. Among the races DMSE manages are the TD Beach to Beacon 10k Road Race; Bellin 10K; B.A.A. Half Marathon/10K/5K; Across the Bay 10K (TAKE OUT); Boston Marathon Jimmy Fund Walk; Runner’s World Festival & Half (TAKE OUT); Mount Washington Road Race; Feaster Five Thanksgiving Day Road Race; New Balance Falmouth Road Race. DMSE has also created several races, including the Fenway Park Marathon (the first marathon to be run entirely within a ballpark since the 1923 race inside the newly constructed Yankees Stadium that had 38 participants running 115 laps), Run to Home Base (Fenway Park, Boston), and Harvard Pilgrim Finish at the Fifty (Gillette Stadium, Foxboro, MA). In 2003, McGillivray created the DMSE Children’s Fitness Foundation to support non-profit organizations that use running to promote physical fitness in children.

Jordan D. Metzl, MD, FAAP
Sports Medicine Physician, Hospital for Special Surgery, New York, NY, White Plains, and Stamford, CT; Fellowship trained in sports medicine (Vanderbilt University and Harvard Medical School); Best-selling Author, *Running Strong, The Young Athlete, The Athlete’s Book of Home Remedies, The Exercise Cure, and Workout Prescription*. Founder of the IronStrength community fitness program that provides free exercise classes for preventive health to thousands of people annually. Dr. Metzl appears regularly on the *Today Show, Good Morning America*, National Public Radio (NPR), and in the *New York Times*. Dr. Metzl’s research interests include the treatment and prevention of running-related
injury, the effectiveness of preventive wellness programs, and the prevention of youth sport injury. He has published over 20 peer-reviewed research articles. He is also a former collegiate soccer player, 35-time marathon runner, and 14-time Ironman finisher (and still going).

**Thomas “T.K.” Miller, MD**
Vice Chair of Orthopaedic Surgery and Sports Medicine Section Chief, Carilion Clinics Institute for Orthopaedics and Neurosciences, Roanoke, VA; Professor, Orthopaedic Surgery, Virginia Tech Carilion School of Medicine; Assistant Professor of Medical Specialties Orthopaedics, Virginia College of Osteopathic Medicine, Blacksburg, VA; Clinical Associate Professor of Orthopaedic Surgery, University of Virginia School of Medicine, Charlottesville, VA. Dr. Miller has served on the U.S. Olympic Committee Sports Medicine team (Lake Placid), as team physician (and then medical director) for the U.S.A. Triathlon National Team at their World Championships and Goodwill Games (15 years), and has participated on the IRONMAN Triathlon World Championship event medical team since 1990. In 2015, he was named chief physician for IRONMAN and in 2016 became chair of the Ironman Global Medical Advisory Board. He was slated to serve as medical director of the IRONMAN 70.3 in Honu, HI, prior to the race’s cancellation in 2020.

**Michael Nishi**
Co-Founder and Executive Vice President, Chicago Event Management, Chicago, IL. In addition to his work on the Chicago Marathon, Nishi is a driving force in increasing the exchange of ideas and best practices among events of all size and scope. Recognizing the unique issues of the endurance sports industry, Nishi founded the Race Management Program to offer event organizers a forum to share ideas with one another. As an active leader in the running industry, he has advocated for greater safety and security not only for Chicago Event Management clients but also for events around the world. Nishi is also an avid runner and cyclist and sits on the board of Girls on the Run Chicago.

**Maj. Nathaniel S. Nye, MD (USAF)**
Assistant Program Director, Military Sports Medicine Fellowship, 316th Medical Operations Squadron, 316th Medical Group, Ft. Belvoir, VA; Assistant Professor of Family Medicine, Uniformed Services University of the Health Sciences, Bethesda, MD; Sports medicine fellowship trained (2014), National Capital Consortium Sports Medicine Fellowship, Bethesda, MD. Maj Nye founded the VIPER Sports Medicine Clinic, which extends musculoskeletal specialty care to the front lines of Air Force Basic Training and Security Forces Technical Training. He was also instrumental in laying the groundwork for sports medicine support at the Air Force Special Warfare Training Wing. In addition, Dr. Nye overhauled and modernized the framework for exertional heat stroke response across Joint Base San Antonio. Dr. Nye authored the JBSA Supplement to AFI 48-151, led a major revision of the Air Force EMS Hyperthermia Protocol, strategically placed and tested six cold water immersion stations in field training locations, designed a heat stroke training and certification course, and trained over 200 physicians, medics, and instructors across JBSA. This heat stroke response overhaul has served as a model for multiple other Air Force bases.

**Col. (R) Francis G. O’Connor, MD, MPH, FACSM (USA)**
Professor, Department of Military and Emergency Medicine, Uniformed Services University of the Health Sciences (USUHS), Bethesda, MD; Medical Director, Consortium for Health and Military Performance (CHAMP), USUHS; Co-editor of several textbooks including Running Medicine and Sports Medicine for the Primary Care Physician; Prior Board Member, ACSM, and Past President, AMSSM; Medical and Science Advisory Board, Korey Stringer Institute; Advisory Board Member, IIRM; Chair, IIRM Sports Medicine Conference Series: Washington, DC; Collaborative Author, “Managing Emergencies In Mass Participation Events: Medical Triage and Algorithms.”

**Paul A. Offit, MD**
Director of the Vaccine Education Center and Professor of Pediatrics, Division of Infectious Diseases, Children’s Hospital of Philadelphia; Maurice R. Hilleman Professor of Vaccinology, Perelman School of Medicine, University of Pennsylvania, Philadelphia. Dr. Offit is an internationally recognized expert in the fields of virology and immunology and was a member of the Advisory Committee on Immunization Practices to the Centers for Disease Control and Prevention. He is a
founding advisory board member of the Autism Science Foundation and the Foundation for Vaccine Research, a member of the Institute of Medicine, and co-editor of the foremost vaccine text, *Vaccines*. Dr. Offit has published more than 150 papers in medical and scientific journals in the areas of rotavirus-specific immune responses and vaccine safety and has written seven medical narratives which have received numerous accolades. He is also the co-inventor of the rotavirus vaccine RotaTeq®.

Dr. Offit is a recipient of many awards. For his invention of the RotaTeq® vaccine, he received the Luigi Mastroianni and William Osler Awards from the University of Pennsylvania School of Medicine and the Charles Mérieux Award from the National Foundation for Infectious Diseases, and he was honored by Bill and Melinda Gates during the launch of their Foundation’s Living Proof Project for global health. He has also received numerous other awards including the J. Edmund Bradley Prize for Excellence in Pediatrics from the University of Maryland Medical School, the Young Investigator Award in Vaccine Development from the Infectious Disease Society of America, a Research Career Development Award from the National Institutes of Health, the Sabin Vaccine Institute Gold Medal, the President’s Certificate for Outstanding Service from the American Academy of Pediatrics, the Humanitarian of the Year Award from the Biologics Industry Organization, the David E. Rogers Award from the American Association of Medical Colleges, the Odyssey Award from the Center for Medicine in the Public Interest, the Distinguished Medical Achievement Award from the College of Physicians of Philadelphia, the Drexel Medicine Prize in Translational Medicine from the Drexel University College of Medicine, the Maxwell Finland award for Outstanding Scientific Achievement from the National Foundation for Infectious Diseases, the Distinguished Alumnus award from the University of Maryland School of Medicine, and the Innovators in Health Award from the Group Health Foundation, Franklin Founder Award by the City of Philadelphia, The Porter Prize from the University of Pittsburgh School of Public Health, the Jonathan E. Rhoads Medal for Distinguished Service to Medicine from The American Philosophical Society, and the Defensor Scientiae Award and an Honorary Doctor of Science degree from The University of the Sciences in Philadelphia.

**Demetrios G. Pyrros, MD, EMDM**

Director of Medical Services of the National Centre of Emergency Care (EKAB), Greece; President of the European Emergency Number Association (EENA 112), Brussels, Belgium; Medical Director, Athens Marathon; Former President (2009-2011), World Association of Disaster and Emergency Medicine (WADEM); Co-Founder, Greek Chapter of Medecins Sans Frontieres (MSF-GR) in 1990 and Vice President until 2001. Dr. Pyrros was the Deputy Chief Medical Officer for the Athens 2004 Olympic Games and has participated in several humanitarian missions with United Nations and EKAB (Armenia 1989, Afghanistan 1990, Liberia 1991, 1993, and 1996, Iraq 1997, P.R. Korea 1998, Turkey 1999, and Cyprus 2000). He has also been repeatedly honored by several governments and organizations for his medical interventions during disasters.

**James N. Robinson, MD**

Primary Sports Medicine Physician, Hospital for Special Surgery (HSS), New York, NY; Fellowship trained in sports medicine (ASMI/Andrews Sports Medicine, Birmingham, AL); Member of the Running Research Committee, HSS. Dr. Robinson cared for athletes of all levels, from the high school, college, and professional level, as well as recreational athletes and weekend warriors. He routinely uses musculoskeletal ultrasound in his practice and performs ultrasound-guided injections and platelet-rich-plasma injections.

**Sean Ryan**

Owner and Senior Event Manager, SRSE Sports, Green Bay, WI; Operations Director for Across the Bay 10K (owned by Ironman), Bellin Run, Bellin Women’s Half Marathon, Fox Communities Credit Union Bike to the Beat, Door County Triathlon, Festival Foods Turkey Trots (10 cities), Green Bay Packers 5K, and Fall 50; Former Race Director, Cellcom Green Bay Marathon, WI; Operations Committee Member, Boston Athletic Association. Mr. Ryan was named Race Director of the Year (2015) by the Event Directors’ College.
Daphne A. Scott, MD
Assistant Attending Physician, Hospital for Special Surgery, New York, NY; Board certified in family medicine with CAQ in sports medicine; Former Team Physician, University of Arizona; Team Physician, Westchester Knicks (NBA G-League). Dr. Scott is also a consultant for UFC and served as a team physician for USA Track & Field at the 2017 World Championships in London.

Matthew Sedgley, MD
Primary Care Physician (fellowship trained in sports medicine), MedStar Health, Ellicott City, MD; Director of Running Medicine and Director of Emergency Action Planning, MedStar Health; Team Physician, Baltimore Orioles; Medical Director, Baltimore Running Festival. Dr. Sedgley has special interests in musculoskeletal injuries, evaluation of non-surgical orthopedic problems, and concussion.

Ankit B. Shah, MD, MPH
Sports Cardiologist, MedStar Heart & Vascular Institute and Director, MedStar Sports & Performance Cardiology, Baltimore, MD. Dr. Shah is a graduate of the Cardiovascular Performance Program’s sports cardiology fellowship led by Dr. Aaron Baggish and is board certified in Cardiovascular Disease, Internal Medicine, Echocardiography, Nuclear Cardiology, and Cardiac CT. He is the sports cardiologist for USA Swimming and has authored book chapters in The Long Distance Runner’s Guide to Injury Prevention and Treatment and Encyclopedia of Cardiovascular Research in Medicine.

Karen M. Sutton, MD
Associate Attending Orthopedic Surgeon and Member of the Sports Medicine Institute and Women’s Sports Medicine Center, Hospital for Special Surgery, New York, NY. Dr. Sutton is also Chief Medical Officer for World Lacrosse and Team Physician for US Ski & Snowboard. She is board certified in sports medicine surgery with surgical expertise in arthroscopy of the shoulder, knee, and hip.

Brett G. Toresdahl, MD
Assistant Attending Physician and Research Director for Primary Care Sports Medicine Service, Hospital for Special Surgery, New York, NY; Board certified in family medicine and CAQ in sports medicine; Team Physician, US Biathlon, Rugby United New York, and New York Cosmos. Dr. Toresdahl served as a physician at the 2016 Rio Olympic Games and 2018 PyeongChang Olympic Winter Games. He previously served as Westchester Knicks Team Physician, UFC Orthopedic Consultant, Seattle Storm Assistant Team Physician, University of Washington Athletics Fellow Team Physician, TCS New York City Marathon Medical Captain, Seattle Marathon Assistant Medical Director, and Seattle Rock ‘n’ Roll Marathon Medical Captain. He is currently the principal investigator for a grant from the NBA and GE Healthcare Orthopedics and Sports Medicine. His previous research on the incidence and treatment of sudden cardiac arrest in high school athletes was awarded the AMSSM Harry L. Galanty, MD Young Investigator’s Award.

Chris Troyanos, ATC
Executive Director, International Institute for Race Medicine; President and Director, Sports Medicine Consultants, Plymouth, MA; Medical Coordinator, Boston Marathon (45 years’ experience with the marathon/over 25 of those as medical coordinator); Medical Coordinator, Falmouth Road Race; Concussion Spotter, NFL (New England Patriots).

Capt. (R) Michele “Shelly” Weinstein, PT, MS, SCS, ATC (USN)
Medical Coordinator, Marine Corps Marathon Organization (since 2004); Co-Owner, Cogent Steps, LLC (medical education and emergency management education); Emergency Response Instructor, American Physical Therapy Association’s Sports Section; Mentor and Faculty, US Navy Sports Physical Therapy Residency, Quantico, VA.