



CYCLING INJURIES, ILLNESS AND PERFORMANCE



***FROM THE TRACK
TO THE MOUNTAINS***



**20
19**

3-4 October, 2019

Niagara-on-the-Lake, ON

PLANNING COMMITTEE

Wade Elliott, MD, Dip. Sport Med.

Andrew Marshall, MD, Dip. Sport Med.



About the conference

CASEM is excited to launch a new sport-focussed, sport medicine CPD event to be held in the heart of the wine region of southern Ontario.

Chaired by Dr. Wade Elliot, Chief Medical Officer for Cycling Canada and his Faculty, this 2-day course which will cover all aspects of cycling injuries, diagnosis, injury prevention and management across road, mountain and track cycling in both abled bodied and adaptive cycling.

This conference will combine your sport medicine CPD goals with a great cycling experience in the heart of the Niagara region.

The course will take place in the heart of the Niagara wine region at the White Oaks Resort & Spa (253 Taylor Road S4) and participants will enjoy the opportunity to learn, cycle and discover the wineries of the locale.

Course Objectives

Our overall objective is to blend cycling specific CPD for the sport medicine physician in an environment that will provide education, interacting with colleagues, and physical activity.

Our CPD objective is to provide cycling focussed CPD. Our goal is to create an atmosphere conducive to interactive learning in a "hands-on" environment and our learning format includes both didactic and hands-on sessions.

Who would benefit from attending this course?

The CASEM CPD curriculum is targeted to physicians in sport medicine, yet includes information pertinent to other specialties – we also welcome attendance from our allied health partners as we look at a multi-disciplinary approach to the care of the cyclist.



REGISTRATION INCLUDES WINE, DINE AND LEARN

Cycle, learn and wine....

The open road, beautiful scenery, great camaraderie, local food and wine all come together to create the perfect environment for fun and learning

All three will fit together seamlessly as CASEM, as part of the two-day conference, will host an evening scientific session at the **Trius Winery** and provide an opportunity to wine taste, dine and learn with the opportunity to network with your sport medicine colleagues.



CYCLING AFTERNOONS

It's just fun to be on a bike –

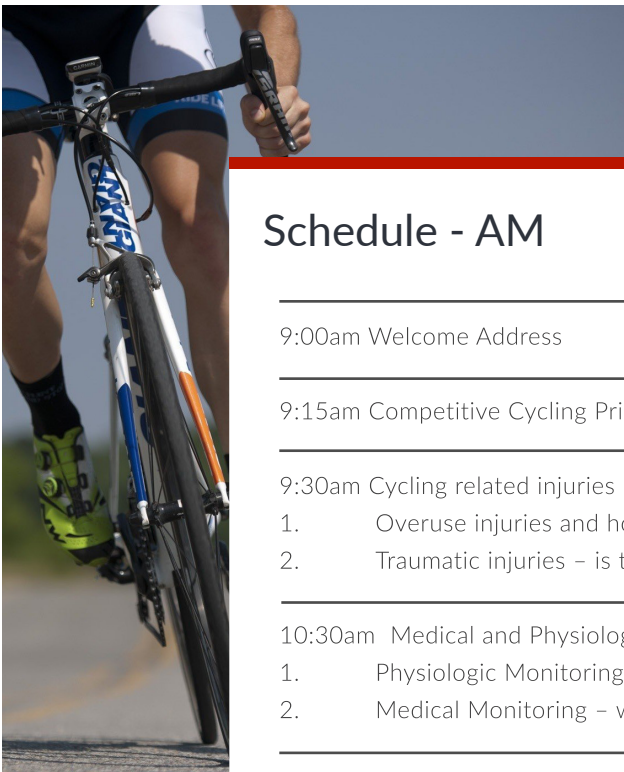
The afternoon rides will take you through some of the most beautiful roads of the Niagara wine region.

We will craft our itineraries to include both short and longer rides, to encourage full participation.

Alternatively, take advantage of the spa at White Oaks or simply enjoy an afternoon of relaxation

SCHEDULE DAY 1

Thursday, October 3rd, 2019 - Niagara-on-the-Lake, ON
White Oaks Resort and Spa



Schedule - AM

9:00am Welcome Address

9:15am Competitive Cycling Primer - **Richard Goudie, MD**

9:30am Cycling related injuries

1. Overuse injuries and how to treat and prevent them - **Katie Dalziel, MD**
2. Traumatic injuries – is this really a non-contact sport? - **Andre Lui, MD**

10:30am Medical and Physiological Consideration in Optimizing Performance

1. Physiologic Monitoring and Interventions – what are we doing now - **Emily Wood, MD**
2. Medical Monitoring – what should we be doing? - **Wade Elliot, MD**

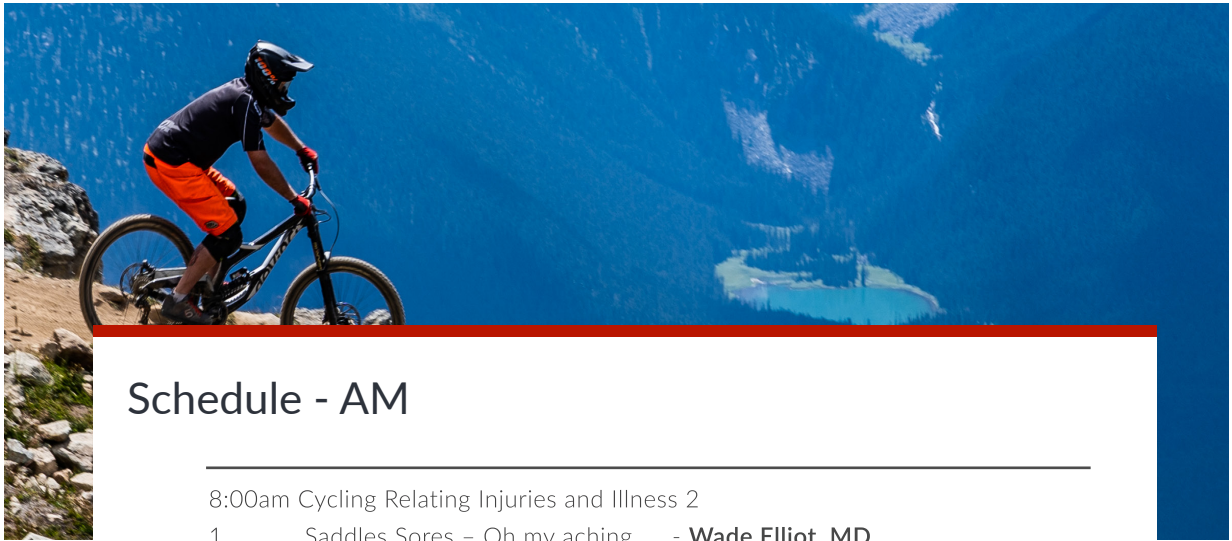
11:30am Traumatic Events in Cycling – Their effects, how to anticipate, plan for and manage
– **Carla Edwards, MD**

Group Activity - Afternoon Cycling

Evening Dinner at a [Trius Winery - triuswines.com](http://triuswines.com)

SCHEDULE DAY 2

Friday, October 4th, 2019 - Niagara-on-the-Lake, ON
White Oaks Resort and Spa



Schedule - AM

8:00am Cycling Relating Injuries and Illness 2

1. Saddles Sores – Oh my aching ... - **Wade Elliot, MD**
2. Overtraining / the Tired Cyclist ...Why is my cyclist getting dropped
3. Mental Health and the Elite Cyclist - **Carla Edwards. MD**

9:00am Paracycling

1. Paracycling Primer - **Richard Goudie, MD**
2. Medical Considerations in the Paracyclist? - **Richard Goudie, MD**
3. Common injuries and Illness in Paracyclist

10:00am Technical

1. Bike Fit – what do I need to know? - **Richard Maclean, PT**

Group Activity - Afternoon Cycling

[Register Here!](#)



WHITE OAKS CONFERENCE RESORT AND SPA



*Join CASEM in the beautiful
Niagara-on-the-Lake!*

Join us at the White Oaks Conference Resort and Spa

253 Taylor Road SS4
Niagara-on-the-Lake, Ontario
Canada L0S 1J0

[White Oaks Hotel Website](#)

Reservations can be made by calling reservations directly at 1-800-263-5766. Callers must identify themselves as being with Canadian Academy of Sport & Exercise Medicine in order to qualify for the group rate. Conference rate will be honored until September 2nd.

CONFERENCE ROOM RATE: \$208.00 plus taxes

Deadline for room reservations:

Monday, September 2, 2019

*First nights room, taxes and fees to be taken at time of reservation as a deposit - refundable up to 48 hours prior to arrival.



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