



Sep 2022

CASEM CYCLING INJURIES, ILLNESS AND PERFORMANCE

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

**Saturday, 24 Sep 2022
Horseshoe Resort
Barrie, Ontario**

**In conjunction with the Tour de T1D
Fundraising Bike Ride**



About the Series

CASEM is excited to bring back this sport-focussed, sport medicine CPD event to be held in the heart of the Horseshoe valley region of Ontario.

Chaired by Dr. Wade Elliott, Chief Medical Officer for Cycling Canada and his Faculty, this 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.

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.

Target Audience

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.

Course location and group rate



Horseshoe Resort

1101 Horseshoe Valley Rd W,
Barrie, ON L4M 4Y8



Horseshoe Resort is a family friendly Ontario golf resort conveniently located only a two minute drive/3 minute cycle from the Tour de TID start line!



- ✓ Standard Horseshoe Room - \$209
- ✓ Horseshoe Deluxe Room - \$219
- ✓ Loft Suite - \$239
- ✓ 1 Bedroom Condo - \$289
- ✓ 2 Bedroom Condo - \$419

2 Night Minimum Policy in place for Saturday reservations

There is no accommodation charge for up to two children 18 or under when sharing their parent's guestroom to a maximum of four individuals per guestroom



Call the Reservations line directly at: 1-800-461-5627.
Please indicate that you are with the CASEM Cycling Sport Medicine Group.



**Horseshoe Centre
Horseshoe Resort**

8:30 – 8:45

Welcome Address

8:45 – 9:00

Competitive Cycling Primer

Plenary 1 – The Energy Deficient Cyclist

9:00 – 9:30

An Approach to Energy Deficiency Syndromes in the Elite Cyclist

- Wade Elliott, MD, Dip. Sport Med., Chief Medical Officer Cycling Canada
- Ian Thomson, MD, Queen's University

9:30 – 10:00

Position Statement on Athlete Targets and Lab Values

- Nicole Springle, RD, Canadian Sport Institute Sport Dietitian

10:00 – 10:30

Break

Plenary 2 – Traumatic Injuries in Cycling

10:30 – 11:00

Traumatic Injuries in Cycling – Is this Really a Non-Contact Sport?

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11:00 – 11:30

Traumatic Events in Cycling – Their Effects, How to Anticipate, Plan for and Manage

- Carla Edwards, MD, Sport Psychiatrist

11:30 – 12:30

Keynote – Athlete Perspective Experiences Using Sport Medicine Services From Afar

- Chris Jarvis, Canadian Rower, Founder of I Challenge Diabetes

12:00 – 13:00

Lunch

*Note this is the preliminary program.
Final times and presentations may be subject to change*



Horseshoe Centre
Horseshoe Resort



Plenary 3 – IST support in Cycling

- | | |
|---------------|---|
| 13:00 – 13:20 | Movement Efficiency – Assessment and Recommendations
– Mark Rocca |
| 13:20 – 13:40 | Cross Training for Injury Prevention
– Peter Glassford |
| 13:40 – 14:00 | Long-term Athletic Development in Cycling, from Grass Roots to World Cup Racing
– Andrew Watson |
| 14:00 – 14:20 | Saddle Sores... Ooh my Aching *#!
– Wade Elliott, MD, Dip. Sport Med., Chief Medical Officer Cycling Canada |
| 14:20 – 14:40 | Break |
| 14:40 – 15:55 | Bike Fit Tips and Tricks
– Richard MacLean, PT, FIST certified triathlon bike fitter |

Plenary 4 – T1D Plenary

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|---------------|---|
| 15:55 – 16:15 | T1D Primer/Exercise
– Richard Goudie, MD, Dip. Sport Med., Founder of Tour de T1D |
| 16:15 – 16:35 | The cyclist / athlete with T1D
– |
| 16:35 – 16:55 | Nutritional considerations in the T1D athlete
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| 17:00 | Closing Remarks |

Sunday, 25 September 2022 – Tour de T1D
See the next page for more information and CASEM discount code

Tour de T1D

Sunday, 25 September 2022
The Heights Ski and Country Club

After their son Lukas was diagnosed with Type 1 Diabetes (T1D) at the age of 14, , Barrie physicians Drs Darlene Newnham and Richard Goudie, combined their passion for cycling with their desire to raise awareness and funds to improve the lives of youth with T1D to create this fundraising bike ride.

The Tour de T1D 2022 now in it's 5th year will take place on September 25th at the **The Heights Ski and Country Club** in the gorgeous Horseshoe Valley.

All funds raised will go to the Youth Diabetes Clinic at the Royal Victoria Regional Health Centre in Barrie where they care for over 200 families and youths living with T1D.

Tour de T1D distances:

- 100K Paradise Developments Route
- 55K Route
- 25K The Madison Group RBC Investments Route
- Dexcom Trail Route

More information on all of this and more at the link below:!

**REGISTER FOR THE RIDE
AND DONATE HERE**

**Get a \$15 discount by using the
code CASEM during registration!**

