

THE 6TH ANNUAL

Blue Ridge Sports Medicine Symposium: Supporting the Ultra-Endurance Athlete

MARCH 14, 2025



DESCRIPTION

This annual interprofessional symposium will focus on principles of sports medicine relating to the comprehensive, multidisciplinary care of ultra-endurance (U-E) athletes as they train and compete. Exhibitors will be on-site with U-E related products and services.

This educational event is jointly provided by MAHEC (Department of Continuing Professional Development and Sports Medicine Fellowship Programs) and EmergeOrtho - Blue Ridge Region.

AUDIENCE

Healthcare professionals including Physicians, Advanced Practice Providers, Nurses, OT/OTAs, PT/PTAs, Athletic Trainers, and Ultra-Endurance Athletes and Coaches.

OBJECTIVES

Upon completion, participants will be able to:

- Explore treatment modalities for common injuries seen in U-E athletes
- Discuss prevention of common injuries in U-E athletes using evidence-based training principles, equipment, and proper biomechanics
- Address the medical and orthopedic risks of participating in U-E sports
- Reflect on the experiences of being an U-E athlete through a panel discussion with professional and high-level amateur athletes
- Discuss relevant exercise physiology and evidence-based training strategies for U-E athletes

Join us at MAHEC!

REGISTER ONLINE

Location MAHEC Education Building
121 Hendersonville Road
Asheville, NC 28803

Date Friday, March 14, 2025

Registration 7:30 am–8:00 am
(light refreshments provided)

Program 8:00 am–3:00 pm
(lunch provided)

LOCATION

MAHEC Education Building
121 Hendersonville Road
Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

DIRECTIONS

SYMPOSIUM AGENDA

- 7:30–8:00** Registration/Check-in with Light Refreshments (*provided*) and Exhibitors
- 8:00–9:00** **Keynote:** An Introduction to the World of Ultra-Endurance Sports and Training
— Ryne Anderson, BA
- 9:00–10:00** Gait Analysis in Ultra-Endurance Runners
— Miriam Salloum, MPT, COMT, OCS
- 10:00–10:30** Break and Exhibitors
- 10:30–11:15** The Good, the Bad, and the Ugly: A Practical Application of Running Shoe Biomechanics
— Scott Socha, CPed
- 11:15–11:45** Foot and Ankle Tendinopathies in Ultra-Runners
— Kyle Judkins, DO, CAQSM
- 11:45–12:15** **Panel:** Why Become an Ultra-Endurance Athlete?
— Tory Grieves, Tim Nooney, and Marisa Romeo, MS, PhD Candidate
— Moderators: Brian Atkinson, MD, CAQSM, DipABLM, and Kyle Judkins, DO, CAQSM
- 12:15–1:00** Lunch (*provided*) and Exhibitors
- 1:00–1:30** Running in the Heat and Heat Training for Ultra-Endurance Athletes
— Brian Gottwalt, DO, and Ronnie Otieno, DO
- 1:30–2:00** Relative Energy Deficiency in Sport (REDs) in Ultra-Running Athletes
— Jessica Knapp, DO, CAQSM
- 2:00–2:15** Break and Exhibitors
- 2:15–3:00** Ultra-Endurance Myths: The Good, the Bad, and the Silly
— Brian Atkinson, MD, CAQSM, DipABLM
- 3:00** Complete Attestation and Adjourn

MEDICAL COURSE DIRECTOR

Kyle M. Judkins, DO, CAQSM

EmergeOrtho - Blue Ridge Region, Asheville, NC

PLANNING COMMITTEE

Brian Atkinson, MD, CAQSM, DipABLM

MAHEC Family Medicine and Sports Medicine
Asheville, NC

Lisa James, BS

MAHEC Continuing Professional Development
Asheville, NC

Tommy Middleton

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Josh Owen, MHS, LAT, ATC, PRT, ITAT

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MAHEC Continuing Professional Development
Asheville, NC

JOINTLY PROVIDED BY

MAHEC

PART OF NC AHEC



EmergeOrtho
Blue Ridge Region

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CREDIT

Continuing Medical Education

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of MAHEC and EmergeOrtho-Blue Ridge Region. MAHEC is accredited by the SSCC to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **5.5** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

Physician Assistants: AAPA accepts a certificate of participation for educational activities certified for AMA PRA Category 1 Credits[™] from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **5.5** hours of Category 1 credit for completing this program.

Nurses: MAHEC, as part of the NC AHEC system, is an acceptable provider for continuing education per the NC Board of Nursing. Please choose contact hours.

Nurse Practitioners: This activity is designated for **5.5** AMA PRA Category 1 Credits[™]. Please select contact hours for your certificate.

Occupational Therapists and Assistants: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **5.5** CCAs. Please select contact hours for your certificate.

Physical Therapists and Assistants: MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **5.0** contact hours.

Athletic Trainers: NC AHEC is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of **5.5** hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3549.

CEUs: MAHEC designates this live CE activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live CE activity as meeting the criteria for **5.5** contact hours.

REGISTRATION

Early registration deadline: March 7, 2025

Program fees include administrative costs, educational materials, light refreshments, and lunch. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

[REGISTER ONLINE](#)



REGISTRATION FORM

Event #75018

By registering, you are granting permission for your contact information to be shared with EmergeOrtho - Blue Ridge Region, which is a joint provider of this continuing education activity.

Updated contact information below

Name _____

Credentials _____

Occupation _____

Email Address _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove me from the MAHEC mailing list

Home Address _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

Dietary Preference (if applicable)

Vegetarian Gluten-free Vegan

PAYMENT SELECTION

Physicians

\$100.00 \$115.00 if paying after 3/7/2025

APPs, Nurses, OTs, and PTs

\$75.00 \$90.00 if paying after 3/7/2025

Athletic Trainers, OTAs, PTAs, MAHEC Staff, and EmergeOrtho Staff

\$50.00 \$65.00 if paying after 3/7/2025

Athletes, Coaches, Residents/Fellows, and Students*

\$25.00 \$40.00 if paying after 3/7/2025

**Student ID may be requested in order to qualify*

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

CHECK IS ENCLOSED

PAYING WITH CARD

Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

HAVE A QUESTION?



Special Services

828-257-4778

Program Planner

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Online Registration

mahec.net/events



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