Welcome to 2nd
GÖTEBORG RUNNING
SCIENCE MEETING
May 18th, 2018
In collaboration between Göteborgsvarvet and Center for Health and Performance (CHP), Gothenburg University

09.00–12.00 Injuries in relation to running
Chairman: Stefan Grau
Laurent Malisoux, Luxembourg
The prevention of running-related injury: does the shoes really matter?
Rasmus Nielsen, Aarhus
All running overuse injuries are preventable
Jonathan Jungmalm, Göteborg
Running injuries - a multidisciplinary approach
Andreas Zachrisson, Göteborg
Approach to running injuries in elite runners
Jason Zaremski, Univ Florida
Kinetic chain deficits in runners and implications for musculoskeletal injury
Panel discussion

13.00–14.30 Nutrition and endurance sports
Chairman: Daniel Arvidsson
Leonardo de Oliveira, Univ Chicago
Phenols in running - what works?
Stefan Pettersson, Göteborg
Carbohydrates - if and how?
Filip Larsen, Stockholm
The role of dietary nitrate in endurance sports
Klaus Madsen, Aarhus
Protein - still valid in running?
Panel discussion

15.00–17.00 Sports Medicine and CVD/stroke
Chairman: Mats Börjesson
Mats Börjesson, Göteborg
The benefits of exercise for cardiovascular health
Martin Schwellnuss, Pretoria
The risks of endurance running
Stefan Lindinger, Göteborg
How could paralympic sport aid stroke rehabilitation?
Per Wester, Umeå
Stroke and physical activity
Anna Danielsson, Göteborg
Physical activity in stroke rehabilitation-underused?

Venue: Svenska Mässan, Gothenburg
For more information visit goteborgsvarvet.se/seminarier