



## SCIENCE BEHIND THE IRONMAN

Hotel Presidente, Cozumel, Quintana Roo  
November 28-29th

### Final Program

Friday, November 28 <sup>th</sup> 2014				
Time	Lecture	Speaker	Institution	Country
7:00 – 8:30	REGISTRATION			
8:30 - 9:00	OPENING CEREMONY			
9:00 - 9:45	Managing the risk of supplement use	Ron Maughan, Ph.D.	Medical Comision IOC, Director of Sports Nutrition Diploma of IOC and Board Member of PINES	UK
9:45 - 10:30	Personalized solutions to prevent gastrointestinal distress in endurance sports	Matthew Pahnke, Ph.D.	Principal Scientist at GSSI and Ironman triathlete	USA
10:30 - 11:15	Caffeine and performance in endurance exercise	Lourdes Mayol, M.Sc.	Scientific Consulting to Latin America GSSI and FMND	Mexico
11:15 - 11:45	Questions and answers session			
11:45-12:15	RECESS			
12:15-13:00	Dietary nitrate and performance in endurance athletes	Beatriz Boulosa, M.C.	President of FMND and Head of Sports Nutrition at FEMEXFUT	Mexico
13:00-13:45	Carbohydrates intake guidelines during prolonged exercise	Asker Jeukendrup, Ph.D.	Global Senior Director GSSI and Ironman triathlete	UK
13:45-14:15	Questions and answers session			

**Saturday, November 29<sup>th</sup> 2014**

<b>Time</b>	<b>Lecture</b>	<b>Speaker</b>	<b>Institution</b>	<b>Country</b>
9:00 - 9:45	Eating disorders in endurance athletes	Christina Scribner, MS, RD, CSSD	Arizona State University	USA
9:45 - 10:30	Coaching tendencies at triathlon	Javier Mon, Ph.D.	Technical Advisor FMTRI	SPAIN
10:30 - 11:15	Water and electrolyte loss and replacement in endurance exercise	Susan Shirreffs, Ph.D.	Principal Scientist GSK and Board Member of PINES	UK
11:15 - 11:45	RECESS			
11:45 - 12:30	Weight Management in the Endurance Athlete: Balancing Performance with Health	Melinda Manore, Ph.D.	Oregon State University and Board Member of PINES	USA
12:30-13:00	Questions and answers session			
13:00-14:15	Roundtable: Nutrition and training strategies to the Ironman	Aurora León, M.Sc. Lic. Margarita Posada Lic. Nelly Becerra  Alan Villanueva Francisco Serrano Brooke Brown	Vice-president FMND  Treasurer FMND  Triathlon coach and Ironman triathlete  Triathlete  Triathlete  Triathlete	Mexico      Canada
14:15-14:30	CLOSING CEREMONY			