Running Medicine Conference

Speaker Bios

Eric Coris, MD
Professor, College Of Medicine Family Medicine
Professor, Family Medicine
Professor, Orthopaedics
Director, Primary Care Sports Medicine, Family Medicine

Dr. Eric Coris is a family medicine doctor in Tampa, Florida and is affiliated with multiple hospitals in the area, including Memorial Hospital of Tampa and St. Joseph's Hospital. He received his medical degree from University of South Florida College of Medicine and has been in practice for 19 years.

Shannon Grady
M.S. Exercise Physiologist

In the sports performance world her experience has been; as an athlete: over 20 years of national-level and world-class competitive experience, as a coach: high school, recreational, collegiate, to elite/professional, and as an expert Exercise Physiologist. She has tested and analyzed over 95,000 athlete samples and consulted numerous Elite-level, Division I, II, III and high school teams.

D. Casey Kerrigan, MD

Dr. Casey Kerrigan, a Harvard Medical School graduate known by her academic peers for her groundbreaking peer-reviewed published research on gait (walking and running) and the effects of footwear, left the University of Virginia (UVa), where she was tenured professor and chair of the department of physical medicine and rehabilitation (PM&R), professor of mechanical and aerospace engineering, and professor of sports medicine, to make OESH footwear.
Trevor Leavitt
Trevor was born and raised in Salt Lake City, Utah where he received his BS in Exercise Physiology from the University of Utah, and previously worked with Dr. Max Testa in the Live Well Center in Salt Lake City. He has experience with cycling coaching, training, and sports performance, and can always be found trying to find the next thing that will help him be faster on the bike. He currently lives in Gainesville, and is the Sports Performance Program Manager at the UF Health Sports Performance Center. He currently manages ongoing running research studies, performance testing, and the running motion analysis for the UF Running Medicine Clinic.

JoAnna McClelland, ATC
JoAnna is currently a Clinical Research Coordinator in the Department of Orthopaedics and Rehabilitation at the University of Florida. Her responsibilities include assisting in research activities and sports performance evaluations for the UF Sports Performance Center and the Human Dynamics Laboratory. She is actively involved in subject recruitment and data collection for the ongoing studies. Also, she assists with motion analyses for various sporting activities in the Human Dynamics Laboratory.

Derek Miles, PT
Derek is a physical therapist who completed an orthopedic residency at Shands Orthopedics and Sports Medicine Institute within the last year. He specializes in treatment of spinal dysfunction and hip pathology.

**Education:** Clemson University – BS degree in Biochemistry; Doctorate in Physical Therapy at the University of Florida.
Sarah Molinari, MD
Sarah Molinari, MD, earned a Bachelor of Arts in comparative linguistics from Stanford University, then completed medical school at Albany Medical College in New York. Dr. Molinari completed a research year and her orthopaedic surgery residency at the University of Rochester Medical Center, then earned a fellowship in pediatric orthopaedic surgery at Texas Scottish Rite Hospital in Dallas. Dr. Molinari joined the faculty of the University of Florida College of Medicine Department of Orthopaedics and Rehabilitation in September 2014, where she specializes in general pediatric orthopaedics.

Evan Peck, MD
Evan Peck, MD is a physician in the Section of Sports Health within the Department of Orthopaedic Surgery at Cleveland Clinic Florida in West Palm Beach. He completed his medical degree at the University of Virginia, residency training at Baylor College of Medicine, and sports medicine fellowship training at the Mayo Clinic. He is board-certified in both sports medicine and physical medicine and rehabilitation, and also holds the Registered in Musculoskeletal Sonography credential. He is affiliate faculty at both Florida Atlantic University and Ross University and provides medical coverage for USA Weightlifting. His primary clinical and research interests include sports concussion, treatment of chronic tendinopathies, and diagnostic and interventional sports ultrasound.

Kevin Vincent, MD, PhD
Dr. Vincent received a Bachelor’s degree in Sports Medicine at the University of Connecticut and then went on to complete a Master’s in Exercise Science at the University of Massachusetts and a Ph.D in Exercise Physiology from the University of Florida. After completing his graduate training, he attended medical school at the University of Florida. He received his residency training in Physical Medicine and Rehabilitation at the University of Virginia. Dr. Vincent is active with research and has published numerous articles and presented nationally, particularly in the areas of Sport Nutrition, Resistance Exercise, and exercise adaptations in healthy and clinical populations. Dr. Vincent’s clinical interest is musculoskeletal medicine with particular emphasis on running, overuse injuries, and participation in strength and conditioning training.
Heather Vincent
Dr. Vincent is currently serving as the Director of the UF Sports Performance Center and the Human Dynamics Laboratory in the Department of Orthopaedics and Rehabilitation at UF. She is an active researcher and a Fellow of the American College of Sports Medicine. Her research is supported by funding from both foundations as well as the National Institutes of Health (NIH). She has published over 90 peer-reviewed articles in the areas of nutrition, exercise, rehabilitation and sports performance. She and her team have developed several new sport analyses and work closely with clinicians in the department to get individuals to their best physical and functional performance.

Jeff Volek, PhD, RD
Dr. Jeff Volek is a Full Professor in the Department of Human Sciences at The Ohio State University. A World-renowned expert in low carbohydrate research, Dr. Volek focuses on the clinical application of ketogenic diets, especially the management of insulin resistance and type-2 diabetes, as well as athletic performance and recovery. His research aims to understand individual variability including how ketogenic diets alter fatty acid composition, lipoprotein metabolism, gut microbiome, gene expression, adaptations to training and overall metabolic health. He has performed several prospective diet studies that demonstrate well formulated ketogenic diets result in reversal in metabolic syndrome and type-2 diabetes. Dr. Volek has performed seminal work on dietary supplements including creatine, carnitine, and whey protein.

Laura Zdziarski, ATC
Laura obtained her Bachelors of Science Degree in Athletic Training from Roanoke College in 2013 and is currently a doctoral candidate at the University of Florida. She is perusing her Doctoral degree in Rehabilitation Sciences under the mentorship of Dr. Heather Vincent in the Human Dynamics Laboratory and Sport Performance Center. Additionally, she is a licensed and practicing athletic trainer for several local organizations and The Rock School. She has expertise in running mechanics, pathomechanics, and rehabilitation.