



All Members and Associate Members are invited to:

**IMMDA 2016 World Congress**  
**Saturday, October 15, 2016 in Barbados**  
Barbados Olympic Center  
Garfield Sobers Sports Complex  
Willey, St. Michael, Barbados  
9am-5pm

**Registration and attendance is FREE for all Members and Associate Members!**

**Topic of the Day: “Sudden Death” at Long Distance Running Events:  
Causes, Preparation, Treatment and Prevention**

**EVERYONE must PRE-REGISTER for this meeting by October 5, 2016 in order to ensure adequate seating. All attendees will receive a Certificate of Attendance at conference end.**

To pre-register, send an email to [IMMDAnyc@aol.com](mailto:IMMDAnyc@aol.com) with your full name and title, profession, race you are associated with if any, full mailing address, preferred email address, and a contact telephone number (including Country Code).

By pre-registering you will automatically become an IMMDA Member or Associate Member.

**There are many ways to get to Barbados from everywhere in the world.**

- **There are many direct flights from US cities including: JFK, Boston, Charlotte and Miami.**
- **From Europe, London ‘s Gatwick airport has direct flights on British Airways and Virgin Atlantic**
  - **Various Caribbean airlines serve the Caribbean islands**
  - **South America also has easy reach by various airline carriers.**

**While there is no single host hotel, there are many terrific hotels on Barbados at all price points. West coast hotels have the nicest beach and amenities. Recommended hotels include Sandy Lane, The Fairmount Royal Pavilion, The House, Crystal Cove and the Hilton.**

**We look forward to seeing you in Barbados for a terrific meeting!**