Women in Sports Medicine: Dancing through the Ages – Meet Our Speakers:

Sherrie Ballantine-Talmadge, DO; Course Director

Dr. Sherrie Ballantine-Talmadge is a Chicago native and former team physician for Northwestern University. She is board certified in both Family Medicine and Sports Medicine. She enjoys utilizing her broad spectrum of training to care for active individuals and athletes as a primary care sports medicine physician. Upon arriving in Colorado, she initially joined Boulder Center for Sports Medicine, now known as CU Sports Medicine and Performance Center. In Boulder County, she serves on the Brain Injury Resource Committee with Boulder Valley School District where the team wrote, passed and implemented a concussion policy for all students from elementary through high school. In addition she champions the Performing Arts medical program at the center called, CU Perform. With her other female colleagues at the center, she is also involved in the Women in Sports Medicine program. Her unique combination of osteopathic and sports training allows her to approach patients in a comprehensive manner, including osteopathic manipulation as needed, for the recreational to the Olympic-level athlete. Dr. Ballantine-Talmadge completed her Sports Medicine Fellowship in Toledo, Ohio. She has worked at three Division I universities, and travels as a team physician with US Figure Skating. She has also provided coverage at the Chicago Marathon and at the Kona Ironman Triathlon. Dr. Ballantine-Talmadge is extremely blessed to have a wonderful family. She enjoys hiking as well as skiing, canoeing, horseback riding and many other outdoor activities with her husband and daughters.

Rachel Brakke-Holman, MD; Co-Course Director

Dr. Brakke specializes in the non-operative management of sports and musculoskeletal injuries, as well as back and neck pain including interventional spine procedures and electrodiagnostic testing. Her areas of clinical and research interest include: core strengthening, spine care, the aging athlete, high altitude cerebral edema, musculoskeletal ultrasound, and sports injuries. As a collegiate level cross-country runner and softball pitcher, she has a strong personal and academic interest in sports.

Mara Abbott

Mara Abbott was born and raised in Boulder, Colorado. She has spent the last ten years competing as a professional road cyclist. During that career she won the women’s Giro d’Italia twice and is a two-time national champion. She finished fourth in the road race at the Rio Olympic Games. Off the bike she is a certified yoga instructor, a columnist for the Daily Camera and a freelance writer published in the Wall Street Journal and espnW. She is frequently to be found hauling ambitious loads around town on her commuter bike.
LaTisha Bader, PhD, LP, LAC, CMPC

Dr. Bader has worked in the field of mental health and addiction for more than 16 years. She graduated from the University of North Texas in 2007 with a PhD in counseling psychology and specialization in sport psychology, and completed her postdoctoral fellowship in Chemical Dependency at the University of Oklahoma Health Sciences Center. She is a Licensed Psychologist and Licensed Addiction Counselor, in addition she also a Certified Mental Performance Consultant. Dr. Bader has worked in a variety of treatment settings including residential, outpatient, private practice, and Native American health care. She spent time in the sport environment in collegiate athletic departments and working with professional teams. She had a rewarding experience at the Center for Dependency, Addiction and Rehabilitation (CeDAR) as the Manager of the Professionals Program and Ascent track (for elite athletes). She transitioned Denver Women’s Recovery where she is the Clinical Director. She is proud to be providing premier treatment within this women’s specific outpatient level of care. In addition, she maintains a private practice offering counseling, consultation, and sport psychology services.

Ceal Barry

Ceal Barry has over 40 years’ experience in Division I athletics. She competed as a basketball and field hockey player in the 70’s at the University of Kentucky, coached Division I basketball for 28 years at both the University of Cincinnati and the University of Colorado, and is currently completing her 13th year as Senior Associate Athletics Director at CU. As part of her responsibilities in athletic administration, Ceal oversees Sports Medicine, Strength and Conditioning, and Nutrition and chaired and coauthored the department’s five year Gender Equity Plan.

Jeanette Burney, PT, MSPT, CMPT, RYT

Jeanette specializes in pelvic health and has an extensive background in orthopedic rehabilitation. Her practice focuses on male and female pelvic floor disorders including prenatal and postpartum issues, bowel and bladder dysfunction, pain syndromes, and gynecologic and urologic cancers. Her treatments incorporate her manual therapy skills, John Barnes myofascial release techniques and her yoga training to facilitate a client’s return to the activities they enjoy. Jeanette has practiced physical therapy for over 25 years. She has worked in a variety of settings including acute care, inpatient/outpatient rehabilitation and private practice settings. Her practice has served the orthopedic population including issues of the spine and extremities and post-surgical hips, knees, ankles, shoulders, and spine. Jeanette is truly committed to learning and professional development and continues to be fascinated by the complexity of the human body and motivated by her patients to learn. She has lectured in the Boulder community on incontinence, prenatal/postpartum.
exercise, osteoporosis and workstation evaluation. Outside of the clinic, Jeanette enjoys numerous outdoor adventures on foot, bike and skis with her husband and teaches yoga in community and corporate settings.

**Stephanie Chu, DO**

Dr. Chu’s areas of special interest include dance medicine, gymnastics, and the female athlete, which stems from growing up involved in ballet and gymnastics. Currently she serves as a team physician for the University of Colorado Buffaloes. She is also an active member of the Education Committee of the American Medical Society for Sports Medicine. She enjoys running and taking in all sporting events. Outside of sports she enjoys reading, music, the company of friends and family, and traveling. Stephanie just had a baby a week ago! Dr. Karin Van Baak will be giving Dr. Chu’s presentation so that Dr. Chu can enjoy time with her family during this exciting time.

**Emma Coburn**

Emma attended the University of Colorado and competed in track and field where she won 3 NCAA Championships. She is a 2 time Olympian, 6 time US Champion, Olympic Bronze Medalist, and World Champion. Emma grew up in Crested Butte and lives and trains in Boulder.

**Colleen De Reuck**

Colleen is a four-time Olympian: ’92, ’96, 2000 for RSA and 2004 for USA. In 1998, she held the World Best times for 10 mile and 20 km run. In 1996, she was 5th in World Cross and in 2002, she was 3rd in World Cross. She won the Olympic Trials Marathon in 2004, one week shy of her 40th birthday. Colleen won the Copenhagen Marathon at 46 years old in a time of 2.30.51. She was the World Champion three times in her Triathlon Age Group for the Half Ironman 2013 in Las Vegas, the Ironman 2015 in Kona, and the Half Ironman 2017 in Chattanooga.
Chelsea Holt, PT, DPT

Chelsea is originally from California, but has lived in various places across the country before arriving here in Colorado. She’s an avid recreational runner who has and continues to participate in numerous half and full marathons throughout the country including Boston and Chicago. She enjoys treating the full spectrum of patient diagnoses with a special interest in lower extremity and spine injuries. She is looking forward to learning more in the women’s health realm of PT in the near future and incorporating this into her sports medicine practice. Her favorite part of being a PT is getting the opportunity to form connections with her patients and work with them to get them back to what they love doing without pain. In her spare time she loves traveling, eating good food and cheering on Duke and Michigan sports teams. She’s very excited to be a part of the CU Sports Medicine team and explore everything that Colorado has to offer.

Lisa Jamroz, MD

A native of Denver, Dr. Jamroz grew up in central Texas and is an ardent Longhorn fan from the University of Texas in Austin. She is also an Aggie, having received her medical degree from Texas A&M University in 1991. She completed her residency at the University of Arkansas, and is board certified in obstetrics and gynecology. A member of the American College of Obstetrics and Gynecology, Dr. Jamroz has been practicing in Boulder since completing her residency in 1995. She and Dr. Mako Shimoda formed Boulder Women’s Care in 2000. Outside of practice, Dr. Jamroz tries to find the hard balance with work and family. Lisa and her husband Tim have three boys, a daughter and a 100-pound Bernese Mountain dog. She enjoys watching football and baseball games, and tries to squeeze in extra time for her kickboxing. She loves playing piano herself and helping three of her children with piano and jazz band. Lisa is a Girl Scout Leader for her daughter’s troop and a Boy Scout Leader for one of her son’s dens.

Carrie Jaworski, MD, FAAFP, FACSM

Dr. Carrie Jaworski is the Director of the Division of Primary Care Sports Medicine, the Primary Care Sports Medicine Fellowship Director and a Clinical Assistant Professor within the Department of Family Medicine at NorthShore University HealthSystem & the University of Chicago Pritzker School of Medicine. Her clinical time is divided between a sports medicine practice in both Chicago and Glenview and teaching sports medicine fellows, residents and medical students. Her clinical and research interests include concussions, the pediatric and female athlete population, nutrition/supplements, endurance medicine and the promotion of "Exercise is Medicine". She was previously the Head Team Physician for Northwestern University Athletics where she was the Director of Intercollegiate Sports Medicine. Dr. Jaworski has been a physician at the Salt Lake Olympics in 2002, the Ironman World Championships in Kona and continues to serve as a lead physician for the Bank of America Chicago Marathon. She is active within the American College of Sports Medicine and previously served as one of their Vice Presidents.
Kate Kripke, LCSW

Kate has been working with individuals and groups in periods of transition and change for over 17 years. After graduating from the University of Colorado at Boulder, she moved to South Africa to work as a teacher, guidance counselor, community organizer, and Outward Bound instructor. Several years later, she went on to receive a master’s degree in Clinical Social Work from Smith College. Kate is a Licensed Clinical Social Worker (LCSW) in the state of Colorado. Kate has extensive training in Perinatal Mood and Anxiety Disorders and is committed to supporting women and families through the challenges associated with the adjustment to parenthood. Kate founded the Postpartum Wellness Center of Boulder in an effort to bring skilled and appropriate perinatal mental health support to women and families around Boulder County. Outside of her practice, Kate has coordinated a project through Boulder County Public Health that focuses on promoting early detection and treatment of postpartum depression, she founded and facilitated the Boulder County PMAD task force, she is a state coordinator for Postpartum support International, and she sits on the Pregnancy-Related Depression State Advisory Committee convened by the Colorado Department of Public Health and Environment. In addition, she conducts frequent training on perinatal mood and anxiety disorders at hospitals and health centers for obstetricians, pediatricians, educators, doulas, and nurses. Kate is committed to reducing the stigma and shame surrounding postpartum mood and anxiety disorders (PMADs). Kate’s road to wellness includes long distance running, surfing, hiking, mountain climbing, high altitude trekking, yoga, breathing and mindfulness meditation, and spending needed time with her friends and husband. She is also the mother of two daughters.

Stephanie Mayer, MD

Dr. Mayer is an orthopaedic surgeon who specializes in pediatric, adolescent and young adult sports medicine. She completed an orthopaedic surgery residency at Duke University where she served as an assistant team physician for the volleyball, basketball, soccer, lacrosse and football teams. She then completed a pediatric orthopaedic fellowship at Children’s Hospital Colorado as well as a sports medicine fellowship at Hospital for Special Surgery in New York City where she served as an assistant team physician for the New York Knicks and New York Liberty. Dr. Mayer has many clinical and research interests in sports medicine and specializes in the treatment of hip injuries and femoroacetabular impingement including hip arthroscopy, knee ligament, cartilage, meniscal, and patellar injuries, and shoulder injuries including labral and rotator cuff tears. A former student-athlete in volleyball at Texas Christian University and current marathon runner, Dr. Mayer is dedicated to the prevention and treatment of injuries in active patients, and returning them to activities of all levels.

Ann McNamara, PT, MPT

Ann brings over 20 years of experience as a Physical Therapist, working in orthopedic, sports medicine, and neuro rehab settings. She is certified in trigger point dry needling and feels it is an excellent adjunct to her practice. She specializes in vestibular and post-concussion care and has helped to develop the Boulder Valley School District’s concussion care policy. She is married, has two teenage boys, and loves to be active with her family, skiing, hiking, and cycling.
Adele Meron, MD

Adele Meron is the current Pain Medicine Fellow at the University of Colorado in the Department of Physical Medicine and Rehabilitation. She received her undergraduate degree in Biomedical Engineering at Rensselaer Polytechnic Institute and was a member of the Varsity Women’s Soccer team. She obtained her medical degree at Albany Medical College and completed residency in Physical Medicine and Rehabilitation at the University of Colorado. Professional interests include sports medicine, spine medicine, athletic spine injuries, musculoskeletal disorders of pregnancy, and non-operative foot and ankle medicine.

Brenda Price, MD

Dr. Price graduated Magna Cum Laude and Phi Beta Kappa from the University of Colorado in 1995 where she majored in Psychology. She then received her medical degree from the University Of Colorado School Of Medicine in 2000, and went on to complete her residency at Franklin Square Hospital in Baltimore, MD in 2004 where she received the Berlex Best Teaching Resident Award. She worked in private practice in Richmond, VA, for three years before returning home to Colorado. Dr. Price is a member of the American College of Obstetrics and Gynecologists and is board certified for the American Board of Obstetrics and Gynecology. She is interested in all aspects of obstetrics and gynecology including high risk pregnancy, menopause, infertility, and minimally invasive gynecologic surgery. She is married and has three busy boys including a set of twins. She is an avid reader and amateur cook. Dr. Price loves all Colorado has to offer, including outdoor activities like hiking and skiing and spending time with family.

Deborah Saint-Phard, MD

Dr. Saint-Phard is board-certified in physical medicine and rehabilitation, electro diagnostic medicine, and pain medicine. As the director of CU Women's Sports Medicine, her clinical interests are providing expert sports and spine care to active and athletic women and girls. She also conducts research on stress fractures in female athletes. Dr. Saint-Phard is also a former elite athlete. She was co-captain of the Princeton University track and field team. She competed in the shot put at the 1987 World Championships in Rome, Italy and in the 1988 Olympic Games in Seoul, Korea. She was ranked top 20 in the world.
Jenny Simpson

Jenny Simpson is a University of Colorado Alum. She ran as a Colorado Buff from 2005-2009. During that time, she won three individual NCAA championships in outdoor track and one indoors. She achieved her first Olympic berth as a member of Team USA competing in the 3000m steeplechase in the 2008 Beijing Olympic Games. The following year, she returned to CU and in her Buffalo uniform ran the fastest times ever by a collegiate woman in the indoor mile, indoor 3000m, indoor 5000m, 1500m, 3000m steeplechase, and the 5000m. Of these times, all but the indoor 3000m remain unsurpassed by a collegiate woman. To capstone her collegiate career, in 2009 she was named the Bowerman Award recipient which recognizes the year’s top female collegiate track and field athlete. Jenny became a member of Team New Balance in 2010 and changed events to the 1500m. Over the course of her eight years as a pro she has won four global medals in the 1500m including the gold medal at the 2011 World Championships, the silver at both the 2013 and 2017 World Championships, and the Olympic Bronze at the most recent Games in Rio. She was the women’s 1500m Diamond League Champion in 2014 and in the same year, was awarded USATF’s top female honor, the Jackie Joyner-Kersee award. And after all of this, she shows no signs of slowing down. She continues to train as a 1500m specialist and hopes to represent Team USA at the 2019 World Championships in Doha and what would be her fourth Olympic Games in 2020 in Tokyo.

Paige Swales, CNM

A native of Florida, Certified Nurse Midwife Paige Swales relocated in 2016 to Colorado, where she is dedicated to nurturing healthy families by providing full-scope midwifery services in our community. She received her Certified Nurse Midwife degree from the University of Florida at Jacksonville in 2008 and is board certified by the American Midwifery Certification Board. Paige joins the team of midwives and OB/GYN doctors at Boulder Women’s Care. Her professional interests include adolescent gynecological care and family planning. Ms. Swales enjoys providing evidenced-based, compassionate, and culturally sensitive care to her patients and their families. Her previous experience includes work with Planned Parenthood, as a Sexual Assault Forensic Examiner, and serving as faculty and care provider at the University of Colorado, Anschutz Medical Campus. Ms. Swales loves spending time with her husband and two young sons, traveling, and being outdoors. She aspires to provide midwifery services in Boulder for a long time to come, watching families grow outward and upward in a nurturing environment.

Jalen Tompkins

Jalen Tompkins is a team captain and goalkeeper for the CU Buffs Women’s soccer team. She is majoring in psychology at CU Boulder. She has earned Pac-12 All-Academic honorable mention as a redshirt freshman and sophomore. In 2017, she broke her own school record for consecutive shutout minutes set earlier in the season, reaching 498 minutes and five seconds before surrendering a goal in the first round of the NCAA Tournament. She was selected as the Pac-12 Goalkeeper of the Week on October 24, October 31, and November 7, becoming the first player in Pac-12 history to earn a player of the week award three consecutive weeks. Tompkins hopes to pursue a career in medicine, specifically as a pediatric oncologist after she graduates. She enjoys fishing, hiking, rollerblading, watching movies and spending time with friends. Tompkins hopes to pursue a career in medicine, specifically as a pediatric oncologist after she graduates.
Karin VanBaak, MD

Karin is a faculty member of the University of Colorado Department of Family Medicine. Her many clinical interests include primary care for all ages, sports medicine, pediatric care, women's health, care of endurance athletes, and care of female athletes. As a primary care and sports medicine physician, Dr. VanBaak believes in caring for her patients as a whole person, in focusing on injury and illness prevention, and in working with a multidisciplinary care team. She is passionate about physical activity promotion and in keeping her patients active throughout their lifetime.

Linnea Welton, MD

Linnea, currently the Hip Preservation Fellow at University of Colorado, received her undergraduate degrees in Neurobiology and Swedish at the University of Washington, followed by her doctorate of medicine at the University of Colorado. In addition to induction into the Alpha Omega Honor Society during medical school, she pursued her interest in international health care by volunteering and performing several need-based assessments in rural Uganda. She completed her orthopedic surgery residency at the University of Michigan, where she wrote numerous scientific publications and continued her interests in global health; receiving a Health Volunteers Overseas Travelling Fellowship to work in Nicaragua. She returned to the Rocky Mountains to complete a Sports Medicine and Shoulder Surgery Fellowship with the University of Colorado last year and is excited to begin her medical practice in Hip Preservation and Sports Medicine in the Pacific Northwest later this year. In her free time she enjoys mountaineering, rock climbing, back country skiing, long-distance triathlons, white water paddle boarding, yoga – and most of all spending time with her 6 month old daughter, Lucia.

Michelle Wolcott, MD

Dr. Wolcott is a board-certified orthopedic surgeon who is fellowship-trained in sports medicine, with expertise in treatment of complex knee, ankle, and shoulder problems. An active marathon runner, she also has a special interest in runner's injuries, pediatric sports medicine, and women's sports medicine. Dr. Wolcott participates in community education regarding prevention of injuries and proper training techniques. She is dedicated to returning competitive and recreational athletes to their previous level of activity, and serves as a team physician for the University of Colorado Buffaloes and the University of Denver Pioneers. She is the primary physician overseeing the Colorado Mammoth.