



Gifts qualifying you for membership in the ACSM Discovery Society include the following:

Bequests: A bequest through your will or living trust is the most frequently used option and is fully deductible for estate tax purposes. Bequests can take various forms, such as a specific dollar amount or percentage of your estate. The following language will be helpful to you and your attorney.
 "I give, bequeath and devise to the American College of Sports Medicine, located in Indianapolis, Indiana, _____ percent of my estate (or \$ _____) to be used for its exempt purposes."

Life Insurance: A new policy may be donated to ACSM or you may designate us as beneficiary or owner of an existing policy.

Life Income Gifts: Gift annuities and charitable remainder trusts offer a lifetime income. Gift annuity income is a fixed dollar amount at an attractive rate of return. Charitable remainder trust income is based on investment portfolio performance. Such gifts also provide a generous income tax charitable deduction and escape of capital gains tax and estate tax.

Retirement Plans: Qualified retirement plans such as an IRA, 401(k), or Keough plan are potentially subject to both income and estate tax, greatly limiting what is available for heirs. Such assets make tax-wise charitable gifts. You may designate ACSM as a beneficiary for all or some percentage of your plan. An option is to establish a life income gift that will pay income to heirs with the remainder for ACSM.

Endowments: You may establish perpetual funds that will support ACSM forever. The principal of your gift is invested with a spendable amount used each year for ACSM needs designated by you. Current and planned or estate gifts may establish or add to such funds. Endowments may memorialize loved ones or others as you may designate.

For detailed explanations, examples, and other information about the tax and other benefits of gifts, please contact the ACSM Advancement Department at Tel.: (317) 637-9200.

A Chronology of Significant Events in the History of the American College of Sports Medicine

As described by Jack W. Berryman, Ph.D., FACSM, ACSM Historian

April - May 1954 Founding meeting in New York City during annual meeting of the American Association for Health, Physical Education, and Recreation (AAHPER); originally called the Federation of Sports Medicine. General Assembly of FIMS votes to invite the "American Chapter of FIMS" and its President, J.B. Wolfe for membership.

July 1, 1961 Grover W. Mueller becomes the first Executive Secretary and establishes the first permanent ACSM office at 4840 Pine Street in Philadelphia.

July 1, 1965 The Administrative Council approves moving the National Office from Ann Arbor to the University of Wisconsin at Madison.

March, 1969 ACSM publishes the first issue of *Medicine and Science in Sports*; Bruno Balke is editor-in-chief.

Spring, 1975 *Medicine and Science in Sports* publishes the College's first Position Statement on "Prevention of Heat Injuries During Distance Running."

June 25-29, 1975 ACSM conducts the first Exercise Program Director's Certification Conference at Penn State University.

December 15, 1983 ACSM conducts official ground-breaking ceremonies for the National Center at 401 West Michigan Street, Indianapolis.

March 19-24, 1989 ACSM conducts Part I of the three-part ACSM Team PhysicianSM Course in Orlando.

1994-1996 ACSM jointly works with the U.S. Centers for Disease Control and Prevention in the development of *Physical Activity and Health: A Report of the Surgeon General*.

April 17-20, 1997 ACSM conducts its first ACSM's Health & Fitness Summit & Exposition in New Orleans.

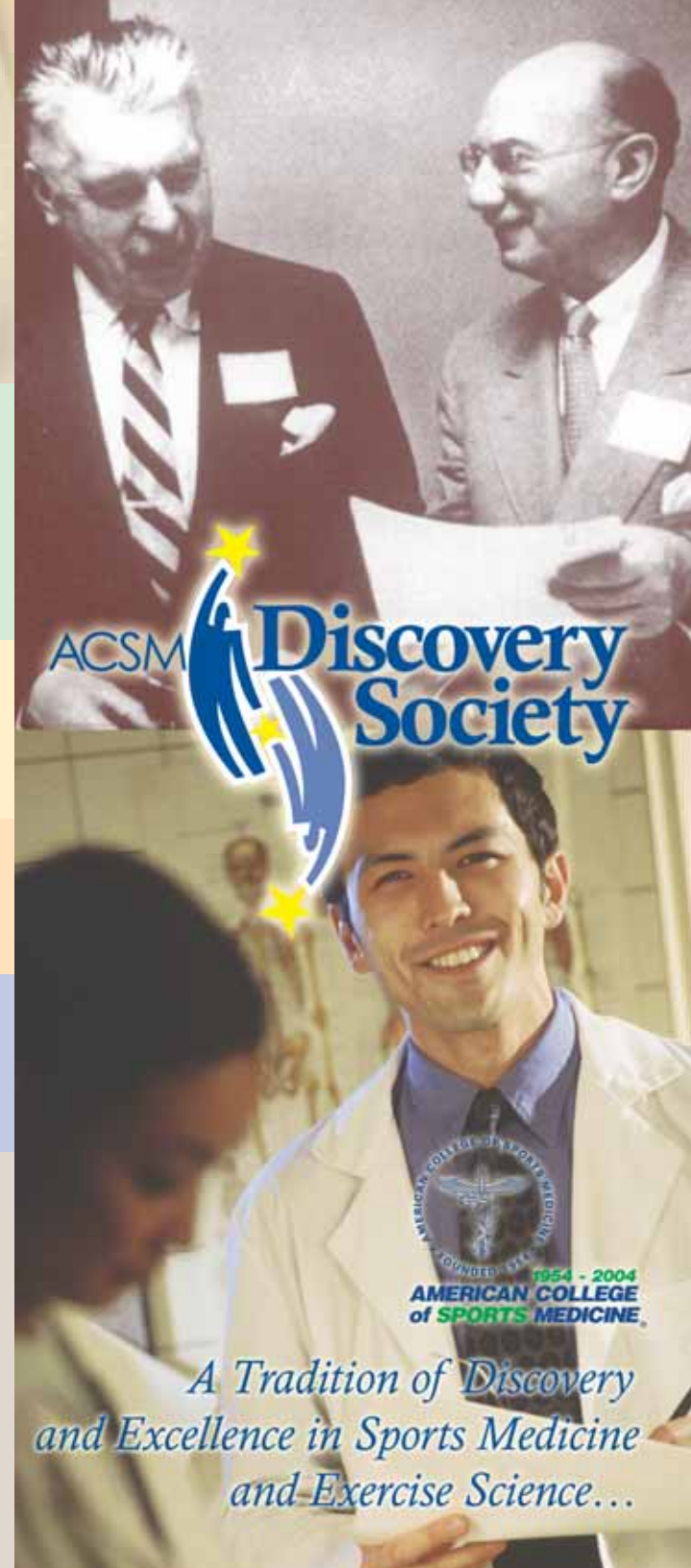
2001-2004 ACSM influences world health, through its roles with the Active Aging Partnership/National Blueprint, NASCAR, Wheaties, Musculoskeletal Partnership, youth initiatives, and obesity initiatives.

2004 ACSM Celebrates 50th Anniversary.



For further questions about the ACSM Discovery Society or ACSM, please contact: ACSM Foundation, P.O. Box 1440,

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A Tradition of Discovery and Excellence in Sports Medicine and Exercise Science...

1954 - 2004
AMERICAN COLLEGE of SPORTS MEDICINE



In the Beginning...

In 1954, 11 health care professionals came together with a dream and a commitment to apply their knowledge, training, and dedication in sports medicine and exercise science to promote healthier lifestyles for people around the globe. With this vision, the American College of Sports Medicine (ACSM) was founded.

Recognizing the solid foundation that was established, ACSM has grown into the largest sports medicine and exercise science organization in the world with more than 20,000 International, National, and Regional Members, each dedicated to improving the quality of life for all people. The original 11 founding members of ACSM left significant legacies in the field of sports medicine and exercise science through their vision and generosity. Today, ACSM continues to build on their dream. Their legacies endure.

Louis Bishop and Joseph Wolfie, ACSM's second and first presidents, 1958.

An Invitation to Participate...

Consider beginning your contribution to this legacy today. You, too, can make a difference and have an outstanding opportunity to help shape the direction of the field of sports medicine and exercise science. The ACSM Discovery Society is an important philanthropic program for those who share a commitment to sports medicine and exercise science and who want to ensure a lasting impact on the quality of the field.

Society members are those thoughtful people who, through their foresight and generosity, have made a planned, estate, or endowment gift in support of ACSM.

The ACSM Foundation is Here For You...

The ACSM Foundation is pleased to assist you in your consideration of gifts and bequests to the Foundation. Upon request, the Foundation will make available standard forms which your attorney may consider in preparation of your gift or in the wording of your will or trust. A Foundation representative can discuss with your attorney your specific situation, any problems which may arise, and assist you and your attorney in designing or implementing a vehicle to take advantage of the tax laws and rules governing charitable gifts for the maximum advantage of both the Foundation and your other beneficiaries.

Opportunities to Support ACSM's Existing Programs...

Programs of interest that are presently set up for continual support include: *Research, Education, and Clinical Sports Medicine Endowments, Paffenbarger, Jr. Fund for Epidemiological Research on Physical Activity, Doctoral Student Research Grants, and Memorial Funds.* If you would like detailed information on any of the programs, visit ACSM's Web site at <http://www.acsm.org/partnerships/pdf/annualfund0330AFBR.pdf>, or contact the ACSM Advancement Department at (317) 637-9200.



As a member of the ACSM Discovery Society, you can take part in helping ACSM continue to advance the field of sports medicine and exercise science. In addition to the personal satisfaction of leaving an enduring legacy with your gift, you will also receive the following benefits:

- ★ Invitation to an annual gathering of Society members.
- ★ Invitations to special events.
- ★ Your name included as a Society Member on the Wall of Philanthropy at ACSM (with your permission).
- ★ Inclusion in the listing of Society members in ACSM's Annual Report (with your permission).
- ★ Special ACSM publications to keep you informed.
- ★ Timely articles on estate and charitable planning to keep you abreast of changing tax laws and opportunities.
- ★ Lapel pin.

This brochure has been prepared as an informational guide only. The contents are not intended as legal advice to donors or potential donors on their personal gift and estate planning. Please seek your independent counsel for applicability of these principles to your personal circumstances.