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Upcoming ACSM Meetings

Advanced Team Physician Course 2015—  
Dec 10-13, 2015  
Austin, TX

ACSM Team Physician Course—  
Part I  
Feb 3-7, 2016  
Jacksonville, FL

Health & Fitness Summit  
Mar 29-Apr 1, 2016  
Orlando, FL

ACSM 63rd Annual Meeting  
May 31-June 4, 2016  
Boston, MA

**President Elect Message – *David Hydock***  
***RMACSM Annual Meeting Update***



The 2016 Rocky Mountain ACSM Annual Meeting will be held on April 8 and 9, 2016 at the Marriott Springhill Suites in Denver, Colorado. The meeting’s program is coming into place nicely, and we have an exciting lineup. The meeting’s theme is “*Approaches and Interventions to Improve Performance, Health, and Clinical Outcomes*”, and the keynote speaker will be Dr. Steven Fleck from the University of Wisconsin-Eau Claire who is a well-known

authority on resistance training program design and periodization. Additionally, there will be speakers covering topics from a wide range of basic science and applied science disciplines. There will also be information on ACSM certifications presented which will be of value to both student and professional members.

For students specifically, the meeting provides an opportunity to present your research during the poster session. The poster presentation session is open to undergraduate and graduate students, and awards are given to the top finishers. Furthermore, the Student Bowl is open to teams of undergraduate students who wish to compete against other Rocky Mountain ACSM colleges and universities. Student Bowl teams have a chance to be crowned Student Bowl Champion and receive an award to help cover costs for attending the National ACSM Meeting in Boston. Once again, we are very excited for the 2016 Rocky Mountain ACSM Annual Meeting, and we hope to see everyone in Denver on April 8 and 9!

***On-Line 2016 Annual Meeting Registration Available Now!***  
***Visit RMACSM.org, click on the Annual Meeting tab and follow the links to register***

***Registration fees:***

***Professional, Member—\$100.00***

***Professional, New/Renewing Member—\$135.00***

***Professional, Non-Member—\$150.00***

***Student, Member—\$40.00***

***Student, New/Renewing Member—\$55.00***

***Student, Non-Member—\$70.00***

***Abstract submission site is available now! Visit RMACSM.org and click on the Student Award Tab go to Submission Information***



**President's Message –  
Melissa J. Benton**

*Moving forward but still  
looking back...*

*If I have seen further than others, it is by  
standing upon the shoulders of giants.*

Sir Isaac Newton

First, I want to begin with an apology and a correction. In the last newsletter, I reported that the Rocky Mountain Chapter was founded in 2000. That statement was based on our archived list of past presidents and was incorrect. I'd like to express my sincerest thanks to **Dr. Catherine Jackson** from California State University Fresno for her sharp eye and even better memory that RMACSM has been in existence since at least 1976. Dr Jackson has twice been president of the chapter and we continue to be in her debt for prompting us to begin to put together an accurate list of our past presidents. In the current newsletter we've included a list of past chapter presidents based on our archives and the incredibly detailed memories of several of our other past presidents, including **Dr. Brian Tracy** from Colorado State University and **Mark Patterson** from Kaiser Permanente. We're asking all members to please look at it carefully and help us fill in the gaps by providing the names of chapter presidents for the missing years and making any corrections to errors that may still exist.

In recognition of the importance of our chapter history, I began this article with a quote from Sir Isaac Newton, who I think we would all consider a "giant" among giants. RMACSM was formed and has grown and developed solely due to the contributions of its

members, who were the giants upon whose shoulders we now can stand. We do more now because of the foundation that was laid down by others in the past. Exercise science and sports medicine have evolved from their original foundation in sports performance and fitness to become leaders in the public health arena as well. The many and varied recommendation and position papers published by ACSM and its partner organizations, such as the American Heart Association, are globally recognized for their authority. These are today's giants, on whose shoulders we all have the opportunity to collectively stand based on our membership in ACSM and RMACSM.

As a chapter, RMACSM is making its own unique regional contribution in numerous areas. In this newsletter, **Dr. David Hydock** from University of Northern Colorado, has given us a brief glimpse of the exciting program he's lining up for our 2016 annual meeting. Don't miss it! We also have a report about the 2015 Fall Lecture Series that was coordinated by **Dr. Enette Larson Meyer** from University of Wyoming. And finally, our student representative, **John Kindred** from Colorado State University has provided an update about the many benefits available to student members of RMACSM.

Last, but not least, I need to remind all of us that benefits come with costs. The chapter depends on member participation, not only in events such as the annual meeting, but also in chapter leadership. RMACSM elections are coming up and a list of Board positions that need to be filled is included in the newsletter. Please consider volunteering to run for one of those positions. We need your energy and ideas to keep us on track for achieving our mission of providing educational and practical applications of exercise science and sports medicine throughout Colorado and Wyoming. This could be the first step in your own, personal giants-in-training program.

## **Fall Lecture Series Thank You**

We take this opportunity to thank Board Members/RMACSM members, Enette Larson Meyer, Tracey Robinson, Trevor Bennion, Brent Alumbaugh and Melissa Benton for their roles in making the Fall Lecture Series so successful. There are many components associated with putting together a program of this nature—identifying and contacting speakers, securing room locations, arranging for refreshments, and promoting the programs at individual locations. By all accounts this series was very successful. We will be applying for an ACSM grant in 2016 to once again provide a lecture series.

# **RMACSM Inaugural Fall Lecture Series is a Success!**

**By Enette Larson Meyer, PhD, RD, CSSD, FACSM —RMACSM Past President**



The Rocky Mountain Chapter of the American College of Sports Medicine launched its Fall Lecture Series which took place at Adams State University, in Alamosa, Colorado, Colorado Mesa University (CMU) in Grand Junction and The University of Wyoming (UW), in Laramie, WY. Christopher Bell, PhD, Associate Professor in the Department of Health and Exercise Science at Colorado State University was selected as the speaker for the Fall 2015 series.

Dr. Bell traveled to all three sites to present a lecture entitled ***“Sprint Interval Training: A Healthy Need for Speed”***. Additional RMACSM outreach and student and faculty networking events took place at each university and included a student journal club, student “meet the speaker” reception, and faculty networking dinner.

Dr. Bell was selected as the first speaker because of his notable work in exercise science research and teaching and the applicability of his research to members across many disciplines and focus areas within ACSM. Sprint interval training is now widely recognized as a time efficient alternative to traditional endurance exercise training. From a scientific perspective, sprint interval training represents a very powerful intervention, capable of evoking many metabolic and physiological adaptations in a short period of time. Dr. Bell reviewed the health and sport performance bene-

fits of sprint interval training and discussed its utility in physiology research and exercise training. Feedback on the Fall 2015 series was extremely positive. Over 80 students, faculty and community members were present at Adams State, over 100 at MSU, and at least 56 at UW.

The Fall Series was made possible through a Regional Chapter Grant from ACSM, sponsorship from Natural Grocers, and individual site sponsorship at each university which included the Department of Human Performance & Physical Education at Adams State, the Department of Kinesiology at CMU and the Department of Kinesiology and Health and Student Dietetic Association at UW.

The purpose of the Fall Lecture series is to increase student engagement and membership in ACSM and RMACSM by reaching out directly to students at individual universities and colleges, particularly those in more rural locations of the Rocky Mountain Area. Students in these areas often do not attend the annual ACSM meeting because of travel time or costs, or a lack of awareness about ACSM or RMACSM. RMACSM plans to continue the series each fall, pending support from ACSM, and will solicit applications from colleges and universities for the Fall 2016 Lecture Series.



## **RMACSM now on Twitter!**

<https://twitter.com/rmacsm>

## **RMACSM Goals for the Use of Social Media:**

- Raise awareness of the Rocky Mountain chapter
- Promote health
- Support the National ACSM, and its constituents (i.e., Exercise is Medicine, etc.)
- Support other like organizations
- Engage our audience and improve the nature of our educational efforts

## Student Representative Message.....*John Kindred, MS*



### *Student Opportunities with ACSM and RMACSM*

Hello RMACSM Students! Both our annual regional and national meetings will be here before you know it. Abstract submission for our regional meeting is currently open. There is still plenty of time to get an abstract written and submitted before the January 31, 2016 deadline. Attending the annual meetings gives you a great opportunity to meet the researchers and clinicians who are actively contributing to your field of study. These meetings also allow you to get information about advanced degrees directly from other students.

I also encourage you to form a team for the college bowl at our annual meeting. The winners of our regional meeting will receive a grant to compete at the national meeting, which is being held in Boston, MA this year. Along with the college bowl prize, you also have the opportunity to win cash prizes for presenting the research you are participating in. Graduate students who submit abstracts are also entered into the President's Cup. The graduate student with the best poster presentation at the regional meeting will receive a grant of \$1200.00 to present his or her poster at the national meeting. This is a great way to distinguish yourself from your peers!

As always if you are wondering about how to get more involved in the ACSM and how this can help you reach your career goals please don't hesitate to talk to your local faculty or email me directly. Enjoy the rest of the semester and see you in the spring!

John Kindred, MS  
Graduate Research Assistant  
Colorado State University  
Mentor: Thorsten Rudroff, PhD  
[jkindred@colostate.edu](mailto:jkindred@colostate.edu)

### **RMACSM Board Elections**

The annual chapter election for open Governing Board positions is coming soon. Below is a list of positions for which we need nominees to fill the ballot. Please consider nominating yourself to run for a position by contacting Rose Steen ([rjsteen20009@gmail.com](mailto:rjsteen20009@gmail.com)) or Melissa Benton ([mbenton@uccs.edu](mailto:mbenton@uccs.edu)). All nominees must be RMACSM chapter members, but are not required to be national members of ACSM. Board members receive their registration costs for the annual chapter meeting in recognition of the time and work they contribute during the meeting. A complete list of Governing Board positions and current Board members is available on the chapter website at (<http://www.rmascsm.org/home.html>).

Newly elected members will be welcomed to the Board at the RMACSM Annual Meeting to be held at the Springhill Marriott Suites in Denver on, April 8-9, 2016 .

Please include a brief bio with your interest in running for one of these Board positions. Board member responsibilities include, but are not limited to: participating in monthly teleconference meetings and helping with planning and execution of the Annual Meeting. One of the great benefits of being a member of the board is working with others throughout Colorado and Wyoming in building a thriving regional ACSM chapter. If you have any questions, please contact me (Rose) or Melissa Benton (current Board President).

Fall 2015 Ballot Positions:

- **President-Elect (1 year and then transitioning to President for 1 year)**
- **Front Range Area Representative (2 years)**
- **Wyoming Representative (2 years)**
- **Student Representative (2 years) – must be a full time graduate student at an institution geographically located within Wyoming or Colorado.**

## RMACSM Past Presidents

We are currently updating our chapter archives and are requesting assistance from chapter members to fill in the gaps and make any corrections needed to the following list. If you feel any of the information is incorrect or you have additional information, please contact Melissa Benton ([mbenton@uccs.edu](mailto:mbenton@uccs.edu)) or Rose Steen ([rjsteen2009@gmail.com](mailto:rjsteen2009@gmail.com)).

### President

2015-2016	Melissa Benton, PhD, RN, FACSM
2014-2015	Enette Larson-Meyer, PhD, FACSM
2013-2014	Mary Dinger, PhD, FACSM
2012-2013	Scott Drum, PhD, FACSM
2011-2012	Raymond Browning, PhD
2010-2011	Peter Hoth, MD
2009-2010	Erik Giphart, PhD
2008-2009	Mark Patterson
2007-2008	Tod Sweeney, MD
2006-2007	Neil Henderson
2005-2006	Kurt Dallow, MD ?
2004-2005	Brian Tracy, PhD
2003-2004	Brian Tracy, PhD
2002-2003	Matt Hickey/Kurt Dallow
2001-2002	Ed Melanson, PhD
2000-2001	Matt Hickey, PhD, FACSM
1999-2000	Kurt Dallow, MD, FACSM
1998-1999	Robert Mazzeo, PhD
1997-1998	Catherine Jackson, PhD, FACSM
1996-1997	Jay T. Kearney, PhD
1995-1996	Robert Gotschall, PhD
1994-1995	Catherine Jackson, PhD, FACSM
1993-1994	Jay T. Kearney, PhD
1992-1993	Paul Thomas
1991-1992	John Wilkinson
1990-1991	Vicky Foster
1989-1990	Jim Simerville (Charlotte Sanborn)
1988-1989	William Byrnes
1987-1988	Debbie Gee
1986	Hank Brammell
1985	Leslie Fuerborn
1984	Cheryl Norton/Leslie Fuerborn
1983	Clarence Baer/Cheryl Norton
1982	John F. Harvey/Clarence Baer
1981	Clarence Baer
1980	Weiser/Harvey
1979	Weiser/Harvey
1978	Phil Weiser
1977	J Leidholt
1976	R Peterson

## Our Thanks to Natural Grocers!

This year RMACSM is very pleased that Natural Grocers has come on board to support our educational mission. Natural Grocers not only shares the ACSM/RMACSM commitment to promoting healthy lifestyles, but is based in the Rocky Mountain region here in Colorado.

Trevor Bennion, whose background is sports nutrition, designs educational materials for the Nutrition Education Department of Natural Grocers and was recently elected to the chapter's Governing Board as our Regional Chapter Representative to ACSM.

Trevor was instrumental in coordinating Natural Grocers' support for the Fall Lecture series. They provided healthy snacks for attendees at both the Adams State and Colorado Mesa lectures. RMACSM is fortunate to have the opportunity to partner with Natural Grocers and we hope to have many future opportunities to continue our relationship.

If you see Trevor at the annual chapter meeting in Denver next spring, take the opportunity to get to know him. And if you're in the neighborhood, drop in on your local Natural Grocers and thank them for their support.



## Student Research Grants

In 2012, RMACSM began a competition for Student Research Grants. Since inception, the Research Grant program has provided a total of \$8000.00 in grants to 16 deserving recipients.

There are plans to continue the program in 2016. Grant recipients are required to provide a brief (10 minute) presentation about their research at the following year's Annual Meeting. 2015 winners were: Linda Cardinal (UWY) - *Patterns of Human Cutaneous Vitamin D Synthesis in a High Latitude Mountainous Region*; Jesse Goodrich (UC Boulder) - *The Relationship Between Arterial Oxygen Saturation, Hemoglobin Mass, and VO2 MAX In Endurance Athletes at Moderate Altitude*; Colin Quinn (UNC) - *Exercise and Doxorubicin Interaction with Id Protein Expression in Skeletal Muscle*; and Nathan Ketelhut (CSU) - *Physical Activity in Patients with Multiple Sclerosis*.

Watch your emails for information regarding submitting a grant proposal for 2016.

**Health and Wellness Leader Trainings**  
**Consortium for Older Adult Wellness Academy**  
**Link Recreation Center, 1295 S Reed St, Lakewood, Colorado**  
**January 25-30, 2016**

**Community Falls Prevention Specialist Certification** and leader trainings in the following:

- Diabetes Self-Management
- Motivational Interviewing for Health and Wellness Professionals
- N'Balance™
- A Matter of Balance
- Tai Chi for Arthritis for Falls Prevention

**Additional 2016 leader trainings in May and Sept:**

- Healthier Living Colorado™
- Diabetes Prevention Program Lifestyle Coach
- Cancer: Thriving and Surviving
- Tomando Control Colorado™ self-management program for Spanish speakers
- Chronic Pain Self-Management

**Professional development workshops in the following:**

- Clinical Billing for Evidence-based Classes and
- Marketing Evidence-Based Classes

Receive a 25% discount for early registrations with payment by Dec.14! Trainings are geared toward health-care, recreation and wellness professionals and are open to the community. Upon completion, leaders are encouraged and supported in implementing classes in their communities.

COAW specializes in providing training for class leaders in evidence-based programs that are offered to communities. Continuing education credits are available. COAW is an IACET Accredited Provider. Register online at [www.coaw.org](http://www.coaw.org). Have training funds but can't join us in January? You can choose to pay now and train later. For more information, contact Pam Allen at COAW, [303-984-1845](tel:303-984-1845) or email [pam@coaw.org](mailto:pam@coaw.org).



*Exercise...Not a New Idea!*

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health”. [Hippocrates](#) - 460 B.C.-370 B.C.

“Walking is the best possible exercise. Habituate yourself to walk very far”. [Thomas Jefferson](#) –1743-1826

“Our growing softness, our increasing lack of physical fitness, is a menace to our security”. [John F. Kennedy](#) – 1917-1963

“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world”. [Paul Dudley White](#) (Cardiologist) -1886-1973

## ACSM Grant Program Provides Financial Support to Advance Regional Chapter Initiatives

ACSM created a task force charged with making recommendations as to how ACSM could better support the Regional Chapters. After completing its work, the task force made several recommendations to the ACSM Board of Trustees, which included the creation of a grant program. In 2014, the ACSM Grant Program was launched with nine ACSM Regional Chapters receiving a total of \$20,000 in funding to support innovative activities and/or advance current activities that are in-line with the overall strategic priorities of ACSM and the Regional Chapters. Nine ACSM Regional Chapters participated in the 2015 Regional Chapter Grant program and received a total of \$40,000 in funding. ACSM Regional Chapters participating in the 2015 Regional Chapter Grant Program received awards between \$1050 and \$6150, depending on the number of applications submitted. The program has been approved for 2016 with a total \$60,000 to be distributed. Grant funds are in addition to the yearly financial operating support and ACSM Foundation support already provided to the Regional Chapters.

### SOARing from Here to There

**SOAR! is a plan of accelerated progress and dramatic transformation for ACSM from now to 2017. Below are some – a representative sampling – of the areas of change and achievement envisioned. SOAR! will build on the legacy of the past, identify needed steps in the present, and achieve transformational results in the future.**

#### A FEW OF THE ACHIEVEMENTS ENVISIONED

##### BETWEEN 2014 AND 2017

1. Contribute to efforts to achieve **IMPROVED HEALTH WORLDWIDE** through increased levels of physical activity and advances in exercise science and sports medicine.
2. Restore unrivaled leadership in **BASIC SCIENCE**.
3. Establish a highly valued and distinctive platform for **CLINICAL SPORTS MEDICINE** excellence.
4. Become the unprecedented leader and resource in **EVIDENCE PRACTICE**.
5. Have an historic role in changing healthcare and patient and public health through **EXERCISE IS MEDICINE**.
6. Greatly expand **INTERNATIONAL LEADERSHIP AND COLLABORATION**.
7. Profoundly increase **MEMBER ENGAGEMENT**.
8. Create an important **COMMITTEE IDENTITY AND IMPACT** for all endeavors.
9. Complete a **HIGHLY SUCCESSFUL CAPITAL CAMPAIGN**.
10. Create new levels of success for ACSM core activities, including **PUBLICATIONS, CONFERENCES AND EDUCATION, RESEARCH, CERTIFICATION, AND REGIONAL CHAPTERS**.

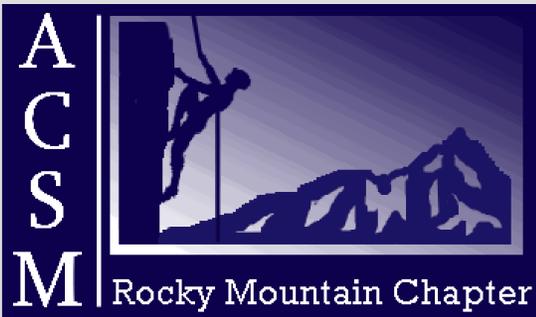
Below are the four areas that the SOAR plan is built around:

**Science**—Advance and disseminate leading-edge discovery in basic, clinical and population sciences of exercise, physical activity, sports, and human performance.

**Outcomes**—Achieve clear and measurable results that increase active and healthy lifestyles, improve sports safety and performance, and advance therapeutic interventions across the lifespan.

**Advocacy**—Increase media advocacy and policy influence, and be an exceptional leader and effective collaborator.

**Resources**—Build the organizational infrastructure and resources necessary for exemplary success in the Roadmap's aim in science, outcomes and advocacy.



**Rocky Mountain Chapter  
American College of Sports  
Medicine**

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**Please contact me if you have ideas for  
articles in future Newsletters.**

## Upcoming Events

Location	Event	Date
Denver, CO	Pumpkin Pie 5K/10K/15K	Nov 21, 2015
Arvada, CO	10K Turkey Trot	Nov 21, 2015
Greeley, CO	NCMC Turkey Trot 5K	Nov 26, 2015
Thornton, CO	WinterFest 5K 2015	Dec 12, 2015
Littleton, CO	Santa Stampede 5K/10K	Dec 12, 2015
Denver, CO	31st Annual Resolution Run 5K	Dec 31, 2015
Colorado Springs, CO	38th Annual Rescue Run 5K/10K	Jan 1, 2016
Loveland, CO	Loveland Sweetheart Classic	Feb 13, 2016

This is just a small sample of events listed on active.com. For more information on any of the above or to register, go to active.com

## Inspirational Books and Movies By Rose Steen

The following books and movies are inspirational true stories of people whose lives were changed through physical exercise and endeavors.

***Unbroken*** by Laura Hillenbrand—the story of Louis Zamperini who survived being lost at sea and Japanese POW camps during World War II. As a teenager, Mr Zamperini was by all accounts a delinquent and was encouraged by his brother to start running. He was so successful at running that he was part of the USA team during the 1936 Berlin Olympics and later endured great hardships during WWII. Both the book and the movie are excellent—sometimes difficult to read or watch because of the intensity of the scenes.

***Boys in the Boat*** by Daniel Brown—the story of Joe Rantz who grew up in the Pacific Northwest. Joe was abandoned

by his family as a teenager and went on to join the rowing team at the University of Washington. The story of endurance for this young man and the rest of the team is amazing. The team goes on to be very successful—competing in the 1936 Berlin Olympic games. Great story of the determination to survive and thrive during the depression of the 1930's. No movie yet.

***Wild*** by Cheryl Strayed—A young woman feeling lost and struggling with substance abuse and relationship issues following the death of her mother decides to hike the Pacific Crest Trail. She has never hiked before and sets out on this epic journey alone. The story gave a picture of what it takes, not only physically, but mentally to take on such a challenge and to plan ahead for what you might need for months spent

on the trail. Both book and movie were entertaining and interesting.

***A Walk in the Woods*** by Bill Bryson—an author returns to the US after spending 20 years in England and noticing a sign for the Appalachian Trail close to his home, decides this is his next adventure. He is joined on his hike by an out of shape friend from his past and the two of them succeed in hiking about 40% of the trail—a worthy accomplishment. I didn't like the book very much—the movie was pretty entertaining once you got past the idea of the two stars being in their mid to late 70's portraying a much younger duo.

I guess Nike had it right with their "Just Do It" slogan. Whatever makes you want to move, make physical exercise part of your daily life.