

American College of Sports Medicine

# Rocky Mountain Chapter



COLORADO · WYOMING

## Fall/Winter 2009eNewsletter

[www.rmacsm.org](http://www.rmacsm.org)



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Welcome to the Fall/Winter 2009 edition of the RMACSM eNewsletter. The Board is working hard to finalize the program for the Annual RMACSM Meeting in Golden, CO. See below the information that we currently have about this years meeting. An updated announcement will be sent out as soon as details have been finalized. In this letter we have included brief reports of last years annual meeting at the USOTC, and this summer's co-sponsored meeting. For your information schedules of several seminar series at Universities in the region have been included. Each year at the Annual Meeting new members of the board are elected. Find out below which board positions will be open next year and consider who might be considered a candidate for each position. Please nominate anyone you think might be a good candidate (including yourself). This is a great way to get involved with and shape the future of RMACSM. Please read on for more information!

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#### **Your 2009-2010 RMACSM Governing Board**

##### **President**

Erik Giphart (Term 2008-2011)  
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##### **President-elect**

Peter Hoth (Term 2009-2012)  
[canoeguide03@yahoo.com](mailto:canoeguide03@yahoo.com)

##### **Past-President**

Mark Patterson (Term 2007-2010)  
Phone- 303-910-4749  
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##### **Secretary/Treasurer**

Kurt Dallow (Term 2008-2010)  
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##### **Board Member (Front Range Area)**

Andrew Subudhi (Term 2009-2011)  
1420 Austin Bluffs Parkway  
Colorado Springs, CO 80918  
Phone- 719-761-4038  
[asubudhi@uccs.edu](mailto:asubudhi@uccs.edu)

##### **Board Member (Representative-at-Large)**

Kent Hansen (Term 2008-2010)  
Phone- 303-625-3456  
[glycolyticboy@hotmail.com](mailto:glycolyticboy@hotmail.com)

##### **Board Member (Southwestern Representative)**

Scott N. Drum (Term 2008-2010)  
Phone- 970-371-2620  
[sdrum@western.edu](mailto:sdrum@western.edu)

##### **Student Representative**

Elise Donovan (Term 2008-2010)  
[elise.donovan@colostate.edu](mailto:elise.donovan@colostate.edu)

##### **Regional Chapter Rep., National ACSM**

Tod Sweeney (Term 2009-2012)  
[alyntod97@yahoo.com](mailto:alyntod97@yahoo.com)

### **RMACSM 2010 Winter Meeting Preview**

The theme of the 2010 Annual Meeting will be “**High Altitude Physiology and Performance**”. The meeting will take place at the **American Mountaineering Center** in **Golden, Colorado** on **February 26<sup>th</sup> and 27<sup>th</sup>**. We have teamed up with the Altitude Research Center in Colorado Springs to help us find speakers on this topic for Saturday morning. With the help of the Gatorate Sports Science Institute we have also invited Dr. Jacqueline Berning to update us on Sports Nutrition. We have shifted the times of our program compared to previous years to accommodate our members that will have a significant drive to and from the conference. The conference will **start after lunch on Friday (approx. 2pm)** and will **end just after lunch on Saturday (approx. opens** in the near future, and conference registration fees are listed below. For **accommodations** we have reserved a block of rooms at the **Golden Hotel** at a conference rate of \$99 (excl. tax). You will be able to book a room at this rate at the time of your registration. Twenty room have been reserved, so act quickly when the time comes. The abstract submission deadline for the 2010 meeting will be February 1<sup>st</sup> 2010. Cash awards for the winners include \$450 for 1<sup>st</sup> place, \$350 for 2<sup>nd</sup> place, and \$250 for 3<sup>rd</sup> place. Other prizes include \$150 for the 4<sup>th</sup> place poster, \$100 for the 5<sup>th</sup> and 6<sup>th</sup> place posters, \$100 for the top undergraduate finisher, and \$150 for the top clinical case study.

Other features of this years meeting include the college bowl, and meet the expert session. This year’s college bowl will be for undergraduates only. The winning team will receive free registration to the national ACSM meeting in Baltimore, and will represent the Rocky Mountain Chapter in the national college bowl competition. Another new feature for students at this years meeting will be the meet the expert session. Limited seating will be available for this event in which students will sit down for lunch with select speakers and experts in physiology,

exercise science, medicine, and nutrition. Lunch will be provided, and students will have the opportunity to ask questions and converse with the experts in a casual setting.

#### **2010 Registration fees:**

Professional (member)	\$70
Professional (non-member)	\$120
Student (member)	\$35
Student (non-member)	\$55

#### **2010 Membership fees:**

Professional	\$50
Student	\$15

### **RMACSM 2009 Winter Meeting Summary**

The RMACSM 2009 meeting took place on the grounds of the Colorado Springs US Olympic Training Center on February 27<sup>th</sup> and 28<sup>th</sup>. The theme was “Extremes of Exercise”. The keynote speaker was ultra-marathoner Marshall Ulrich who spoke of his “Race Across America”. Attendees also listened to Dr Robert Sallis, Past President of ACSM talk on “Exercise is Medicine” and issues surrounding hyponatremia and his medical experiences at the Ironman Championships in Kona, HI. Other speakers included Brent Ruby, PhD, Mark Stephenson, MS, NSCA, and Michael Meyers, PhD. The student poster presentations included more than 30 posters, and podium presentation from the top three finalists. As usual, the presentation winner received a \$450 cash prize! Those who chose the accommodations on the USOTC grounds were treated to dormitory living and a great cafeteria menu. All in all, it was felt to be a solid meeting in the shadow of Pikes Peak!



Robert Jacobs discussing his poster



Dr. Sallis speaking to the approx 100 participants



The student prize winners

## **Panorama Sports Medicine Symposium Summary**

Tod Sweeney

The recent Sports Medicine Symposium on August 21, 2009 co-sponsored by Panorama Research and Education Foundation and the Rocky Mountain Chapter of the American College of Sports Medicine was an overall success. The conference was well attended and received. It featured many clinical orthopedic talks, but also talks from biomechanists, exercise physiologists, and physical therapists.

This was an information packed one day symposium at the Denver West Marriot in Golden, CO that included an excellent catered lunch and many networking opportunities.

The Rocky Mountain Chapter may elect to co-sponsor future events to help promote our chapter and its members.

### **2010 Elections: Call For Nominations**

Open board positions this spring include the following:

Front Range Representative  
President Elect  
Secretary / Treasurer  
Wyoming Representative

Please contact Scott Drum with nominations. Voting will take place prior to the meeting in February at which time new board members will be announced.

### **Student Membership Promotion**

*ACSM Providing Complimentary Student Memberships for Distribution at Chapter Meetings-*

Since ACSM President Dr. Jim Pivarnik declared this the “Year of the Student,” ACSM is implementing several student-focused initiatives. One of these initiatives directly benefits students who attend regional chapter meetings as well as the regional chapters themselves. RMACSM has received 25 “Free National New Student Memberships” for distribution to students at this winter’s chapter meeting.

### **Regional Seminar Schedules**

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Though many of the regional seminar series are well under way, there are still many great sessions to come in the next few months. See below for a few of the seminars that have taken place this semester and those to be held at schools near you during the remainder of the year.

### **Colorado State University Dept of Health and Exercise Science**

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Sept 11

**Donald L. Mykles, Ph.D.**

Department of Biology, CSU

The Role of Crustacean Myostatin-Like Protein  
In Molt-Induced Claw Muscle Atrophy

Sept 18

**Jacob E. Friedman, Ph.D.**

Department of Pediatrics, Biochemistry &  
Molecular Genetics,

University of Colorado School of Medicine,  
Denver

Early Origins of Obesity and Fatty Liver Disease:  
Dealing with Toxic Assets

Sept 25

**Christopher J. Centeno, M.D.,**

Regenerative Sciences Inc (RSI), Centeno-  
Schultz Clinic, Westminster

The Use of Adult Mesenchymal Stem Cells  
Injections in Sports Injuries: Clinical Experience

Oct 2

**Mark A. Patterson, M.Ed., RCEP**

Kaiser Permanente, Denver

Assessment and Training of the Peripheral Artery  
Disease Patient for the Clinical Exercise  
Physiologist

Oct 16

**Jairam Vanamala, Ph.D.**

Department of Food Science and Human  
Nutrition, CSU

Obesity-Promoted Cancer Prevention:  
Functional Foods and Exercise

Oct 23

**Michael L. Mestek, Ph.D.**

Department of Integrative Physiology, CU-  
Boulder

Hypertriglyceridemia and Endothelin-1 System  
Activation

Oct 29/30

CSU University Research Colloquium

Hilton Fort Collins, 425 West Prospect Road  
Optimizing Healthy Aging: Promoting  
Multidisciplinary Collaboration

Nov 6

**Christopher D. Link, Ph.D.**

Institute for Behavioral Genetics &  
Department of Integrative Physiology, CU-  
Boulder

Modeling Neurodegenerative Diseases In *C. elegans*

Nov 13

**Lavanya Reddivari, Ph.D.**

Department of Food Science and Human  
Nutrition, CSU

Prostate Cancer Prevention: Bioactive  
Compounds and Physical Activity

Dec 4

**Melinda A. Frye, DVM, Ph.D., DACVIM**  
Department of Biomedical Sciences, CSU  
The Visceral Adipose as a Link Between Western  
Diet and Cardiomyopathy

**University of Colorado- Boulder**  
**Dept of Integrative Physiology**

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August 27

The Perfect Colloquium Presentation

**Kenneth P. Wright, Jr., Ph.D.**

Associate Professor

Department of Integrative Physiology

University of Colorado at Boulder

September 3

Attempting to Understand Physiologic Age is a  
Daunting Task

**Edward G. Lakatta, M.D.** Senior Investigator  
Chief, Laboratory of Cardiovascular Science and  
Cardiovascular Function Section

National Institute on Aging

September 10

Drinking From the Fire Hose: Complex Disease  
Genetics in the Post-Genomic Era

**Matt McQueen, Sc.D.** Assistant Professor  
Department of Integrative Physiology and  
Institute for Behavioral Genetics

University of Colorado at Boulder

September 17

Novel Mechanisms Regulating Myostatin  
Expression and Function

**David Allen, Ph.D.** Assistant Professor

Department of Integrative Physiology

University of Colorado at Boulder

September 24

Sex Differences in Mortality

**Richard G. Rogers, Ph.D.** Professor

Department of Sociology

University of Colorado at Boulder

October 1

Neurobiology of Stress Adaptation: A Top-  
Down Approach

**Robert L. Spencer, Ph.D.** Professor  
Department of Psychology and Neuroscience  
University of Colorado at Boulder

October 8

The Use of Genetic Strategies to Reveal the  
Underlying Biology of Complex Phenotypes

**Jerry Stitzel, Ph.D.** Associate Professor  
Department of Integrative Physiology and  
Institute for Behavioral Genetics

University of Colorado at Boulder

October 15

The World's Fastest Runner on Artificial Legs:  
The Physiology and Biomechanics of Oscar  
Pistorius

**Rodger Kram, Ph.D.** Associate Professor  
Department of Integrative Physiology  
University of Colorado at Boulder

October 22

Aging, Telomeres, and Epigenetic Events

**Christopher DeSouza, Ph.D.**

Associate Professor

Department of Integrative Physiology

University of Colorado at Boulder

October 29

Aging and 'Physiological Resistance' to  
Adverse Environmental Factors

**Douglas R. Seals, Ph.D.**

College Professor of Distinction

Department of Integrative Physiology

University of Colorado at Boulder

November 5

Effects of Acute Exercise on Fat Balance:  
Insights from Studies Using Calorimetry

**Ed Melanson, Ph.D.** Assistant Professor  
Center for Human Nutrition

University of Colorado at Denver

November 12

Response of the Human Motor Control System to  
Mechanical Perturbation

**Ziaul Hasan**, Ph.D. Professor

Departments of Movement Sciences and Physical  
Therapy

University of Illinois at Chicago

November 19

Adiposity, Calorie Restriction, and Aging

**Luigi Fontana**, M.D., Ph.D.

Research Assistant Professor in Medicine

Division of Geriatrics and Nutritional Science,  
Washington University, St. Louis

Division of Nutrition and Aging, National  
Institute of Health, Italy

December 3

Psychological Stress, Inflammation, and Disease

**Thadeus Pace**, Ph.D. Assistant Professor

Department of Psychiatry and Behavioral  
Sciences

Emory University

(Host: Chris Lowry,)

December 10

From Silent Spring to Silent Night: A Tale of  
Toads and Men

**Tyrone Hayes**, Ph.D.

Professor

Department of Integrative Biology

University of California at Berkeley

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