The RMACSM Annual Meeting held in Denver on April 5th and 6th was very successful. Attendance was doubled over last year’s meeting—including 20 people traveling from South Dakota to attend—and evaluations were generally positive.

As always, when concluding a meeting such as this, planning begins immediately for the next year’s meeting. At the current time, we are planning to go back to the Marriott in Denver the second weekend in April. Nothing has been reserved yet and we will start advertising as soon as we have solid information.

Some areas we plan to address are: larger area for viewing and judging of posters; larger block of rooms reserved based on our attendance this year; better communication with those who submit abstracts; review of our registration capabilities to see if this can be improved; seek out student focused vendors; planning something active for the group to do—either between sessions or as a separate activity; and in general build on this year’s success to bring an even better conference.

Abstract awards went to the following: Megan Fritz ($500), Erin Rauh ($400), Erika Heinbaugh ($300), Katlyn Orr ($150), Jessica Weismann ($100), Samantha Riddle ($100).

$500 grants were awarded to the following: Noah Gibson (Effects of Juvenile Doxorubicin Exposure and Exercise on Coronary Vascular Density and Angiogenesis), Benjamin Ryan (Effects of Chronic, Intermittent, Low-Dose Carbon Monoxide Inhalation on Total Hemoglobin Mass, VO2Max, and Endurance Capacity), Jessica Weismann (Muscle Energetics After Walking in Patients with Multiple Sclerosis), and Traci Perry (The Effects of Endurance Exercise Training on Matrix Metalloproteinase -2 and -9 and their Tissue Inhibitors on Doxorubicin Induced Cardiac Dysfunction).

Nathan Bachman, Joel Schnierle, and Mychal Beauchamp from Colorado Mesa University were the winners of the College Bowl.

Congratulations to all the winners and to everyone who participated in the abstract, grant and college bowl competitions! Your hard work is recognized and appreciated.
Registration and Set up on April 5th

Great volunteers helped to make the registration and welcoming process run very smoothly.
Thanks to our vendors! ACSM provides support throughout the year and is very helpful in setting up and maintaining our website, and at annual meeting time, provides support for abstract and grant submissions and helps with the registration process. This year, ACSM provided some t-shirts and bags for door prizes.

Tekscan provided a $250.00 grant to help defray expenses.

Lippincott, Williams & Wilkins provided a $500.00 grant as well as several door prizes—including the $100.00 bank card!

Acli-Mate provided the samples of Mountain & Endurance Sport Drink that were in your packets.
Poster viewing and judging.
Conference Attendees at one of the general sessions on Friday

Student Bowl on Friday Afternoon

Box lunches ready to be picked up on Saturday

Packets at registration time
Teresa A. Sharp, PhD is an Assistant Professor in Community Health (MPH) at the University of Northern Colorado (UNC) campus of the Colorado School of Public Health (CSPH), with a Secondary Appointment in Community and Behavioral Health at CSPH. Dr. Sharp received her Bachelor’s degree from Middle Tennessee State University in Physical Education, her Master’s degree from Vanderbilt University in Health Promotion and Exercise Science, and her PhD from the University of Colorado Denver in Health and Behavioral Sciences. She completed post-doctoral training through an NIH T32 Nutrition Training Grant in the Department of Pediatrics in the School of Medicine at the University of Colorado-Denver. She received a Thrasher Research Foundation New Investigator Award, an American Heart Association Fellowship Award, and a Children’s Hospital Research Scholar Award for her work on the impacts of exercise and post-prandial lipemia on CVD risk factors and endothelial function in pre- and early-pubertal lean and obese children. Prior to her appointment at UNC, she was an Assistant Professor in the Department of Pediatrics, Section of Nutrition at the University of Colorado Anschutz Medical Campus. Since her appointment at UNC/CSPH, Dr. Sharp has expanded her research to include Community Based Participatory Research (CBPR) focused on the impacts of social determinants, environment, and behavior on the early development of obesity and chronic disease risk factors, particularly in American Indian communities. In addition to her teaching and research activities, she serves on several CSPH committees (MPH Admissions, Practice-Based Learning, Scholarship and Awards), and the North Colorado Health Alliance Community Health Campaign. Dr. Sharp has been an active member of ACSM since 1992 and has presented at national conferences and taught body composition and metabolism sections for ACSM Health Fitness Specialist Workshop in Denver.

Retiring Board Members are: Ray Browning, Nicole Strom, and Ben Thompson. Thank you for your service to RMACSM!

Enette Larson-Meyer, PhD, RD, FACSM, is an associate professor and director of the Nutrition and Exercise Laboratory at the University of Wyoming (UW). She received her Bachelor’s degree from UW, completed her dietetic training and masters at Massachusetts General Hospital in Boston, and her doctoral and postdoctoral studies at the University of Alabama at Birmingham (UAB). Between her master’s and doctoral degrees, Dr Larson-Meyer served as the research dietitian at the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases in Phoenix, AZ. She is also the former Director of the Health and Fitness Center at the Pennington Biomedical Research Center in Baton Rouge, LA and a former sports dietitian for the UAB Blazers. Dr Larson-Meyer’s research interests focus primarily on how nutrition influences the health and performance of active individuals at all stages of the lifecycle and at all levels of performance—from the casual exerciser to the elite athlete. Her current interests include exercise and hormonal regulation of appetite, and vitamin D status in relation to health and athletic performance. Recent studies in her laboratory at UW have focused on the importance of vitamin D status in relation to illness and inflammation in athletes, and how the hunger hormone ghrelin and the appetite suppressing hormones peptide YY and glucagon-like peptide are altered by acute exercise. Dr Larson-Meyer has been a member of ACSM since 1989, an ACSM Fellow since 2002 and currently serves on the Women, Sport & Physical Activity Committee. Dr Larson-Meyer also served on the 2011 International Olympic Committee Sports Nutrition Consensus Panel, is immediate past chair of the Sports Cardiovascular and Wellness Nutrition (SCAN) Practice Group of the Academy of Nutrition and Dietetics, and was Chair of SCAN’s annual Symposium for four years (2005-2009).
Noah Gibson is a doctoral student in the School of Sport and Exercise Science at the University of Northern Colorado. He received his Bachelor’s degree from the University of Wisconsin-Eau Claire in Kinesiology-Human Performance with a minor in Biology and his Master’s degree from Salisbury University in Maryland in Applied Health Physiology. Noah is a graduate research assistant in the laboratories of Dr. Reid Hayward and Dr. David Hydock, which focus on investigating the mechanisms of chemotherapeutic side effects within the cardiovascular and musculoskeletal systems and the role exercise and diet play in mitigating these side effects. He has been a student member of the ACSM since 2005.

Additional Current Board Members are listed below. You can find their pictures, contact information and bios on the rmacsm.org website.

Mary Dinger—President
Scott Drum—Past President
Tim Behrens—Regional Chapter Rep, National ACSM
Dave Hydock—Front Range/Metro Rep
Danielle Brittain—Front Range/Metro Rep
Tracey Robinson—Western Slope Rep
Joi Thomas—Wyoming Rep
Rose Steen—Executive Director/Treasurer

Things learned:
- Meals before and after exercise
- Nutrition and its use in athletics
- Protein information
- Relationship of sweat calcium loss to bone loss
- Using some of the more basic physiological studies/data/ideas in a public health context

Ideas for future conference talks:
- More nutrition based
- Crossfit, crossfit w/kids
- Specific topics for students/ ie professional development
- Obesity—reducing childhood obesity into adulthood
- Group exercise
- Topic relating brain activity and physical activity
- Biomechanics, bench science, unique intervention strategies, novel information
- What goes on in other areas besides Rocky Mountain region
- Programs promoting physical activity among children and adolescents
- Alternative eating pattern comparisons
- Bone loss in the elderly
- Aging interventions
- Ancestral diets for the treatment of diabetes mellitus
- Use of ergogenic aids
- Physical training for people with disabilities
- Nutrition more specific to endurance athletes

Ideas to improve future conferences:
- Provide speakers with some guidelines—length of talk, appropriate colors and font sizes for PowerPoint presentations, reminder that speakers should repeat audience questions
- Reconsider use of round tables
- Bigger area for posters
- Physical activity breaks or a planned physical activity at some time during the conference
- Consider restructuring the Student Bowl
- More behavioral topics, less science

These are not all the comments—many were duplicated or similar. Thank you for any and all comments—they really do help plan future programs!
Upcoming Events

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<th>Event</th>
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<tr>
<td>Loveland</td>
<td>Take on the Night 5K</td>
<td>6/22/2013</td>
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<tr>
<td>Louisville</td>
<td>Let Freedom Ring—5/10K &amp; Kids race</td>
<td>7/4/2013</td>
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<tr>
<td>Denver</td>
<td>Double Road Race—5/10 K &amp; Kids race</td>
<td>7/21/2013</td>
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<tr>
<td>Denver</td>
<td>Colorado Park 2 Park Cycling Challenge</td>
<td>8/10/2013</td>
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<tr>
<td>Ft Collins</td>
<td>3rd Annual Ft Collins Peach Festival 5K</td>
<td>8/24/2013</td>
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<tr>
<td>Ft Collins</td>
<td>1st Annual Half Marathon/34th 5 K</td>
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<td>Englewood</td>
<td>Inverness Triathlon</td>
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<tr>
<td>Westminster</td>
<td>Westminster Trail Half Marathon and 10K</td>
<td>10/13/2013</td>
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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

Motivational Exercise Quotes

“It is exercise alone that supports the spirits, and keeps the mind in vigor.”
~ Marcus Tullius Cicero

“An hour of basketball feels like 15 minutes. An hour on a treadmill feels like a weekend in traffic school.” ~ David Walters

“Movement is a medicine for creating change in a person's physical, emotional, and mental states.”
~ Carol Welch

“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

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”
~ Plato

“I see exercise taking this perverted detour. The original intention of exercise was to heal and maintain health. Now I see it as having nothing to do with health. I see most exercises based on looking good. They actually make you less healthy. You overdevelop the obvious muscles. You take drugs to enhance that. You ignore the rest, and you become more out of balance.”
~ Bryan Kest

“I do it as a therapy. I do it as something to keep me alive. We all need a little discipline. Exercise is my discipline.”
~ Jack LaLanne

"Every man is the builder of a temple, called his body."
~ Henry David Thoreau

"Exercise and application produce order in our affairs, health of body, cheerfulness of mind, and these make us precious to our friends."
~ Thomas Jefferson

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”
~ Edward Stanley