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## 2014 Annual Meeting Wrap UP

Thanks to everyone who came to the RMACSM Annual Meeting in Denver on March 28-29th. We enjoyed great speakers, some social opportunities, and a nice venue. The Marriott as conference facility scored the highest of the questions asked on the evaluation—3.9 out of 4. Time to interact with speakers was rated the lowest at 3.0 on the 4 point scale. This is something we will keep in mind for next year and try to build in a little more time between topics for more interaction.

The following 4 grant proposals earned \$500.00 each: Lance Dalleck and Ali Wolpern (**Ventilatory threshold and heart rate training in individuals who are not currently meeting recommended ACSM physical activity guidelines**); Corey Beebe (**Effects of a Twelve Week Aerobic and Cognitive Training Intervention on Cognitive Function in Cancer Survivors Following Radiation Therapy**); Alyse Brennecke (**The Effects of a Twelve Week Aerobic and Cognitive Training Intervention on Cognitive Function in Apparently Healthy Older Adults**); and John Kindred, MS (**Spinal cord glucose uptake in patients with Multiple Sclerosis after walking**). Findings of these proposals will be presented at the 2015 annual meeting.

24 people submitted abstracts at this year's conference with the following prizes awarded: 1st place prize of \$500.00 went to Christina Schaefer; 2nd place prize of \$400 went to John Kindred; 3rd place prize of \$300.00 to Tara Richardson; 4th place (\$200.00) to Eric Bredahl; 5th place (\$100.00) to John-Michael Benson; and 6th place (\$100.00) to Bree Baker. Thanks to all of you who submitted grant proposals and abstracts.

Congratulations to the team from Colorado Mesa University for winning the Student Bowl competition. The team will receive \$1000.00 to help defray travel expenses to the National ACSM Conference in Orlando and will compete in the Student competition there. If you are attending National, please support our representative team.

Review of the completed evaluations showed that attendees were very happy with the location of the conference and the only complaints centered around some of the presentations going long and not enough time for questions and interaction with speakers. Most indicated they would plan to attend future RMACSM meetings. See page 8 for some of the evaluation comments. See you next year!



**Volunteers Grace Franklin and Chloe Leipzig have the registration table ready.**



**The main ball room at the Marriott ready for the first session on Friday.**

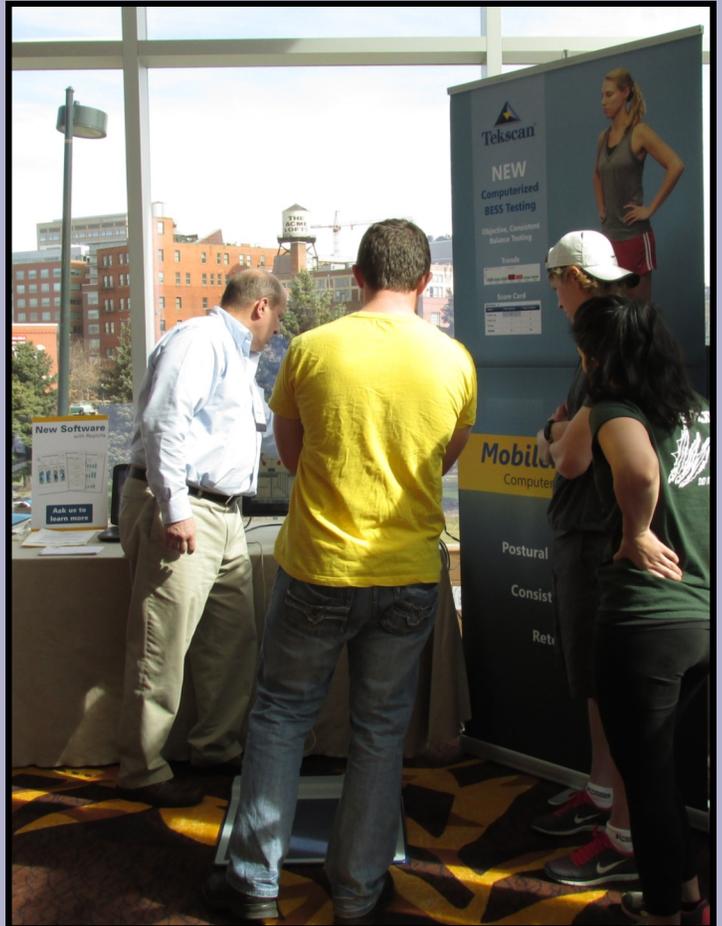


**Volunteer Sophia Carstens was available to help people sign up for Friday evening social events.**



**Volunteers greeting and helping people thru registration process.**

**The vendor booths at the conference.**



**Book publisher Wolters Kluwer Health | Lippincott Williams & Wilkins once again provided \$500.00 to RMACSM to help fund the annual meeting. Tek-Scan provided \$250.00 to RMACSM.**

**Thanks to both of these vendors for helping to make our meeting a success.**

**Adams State University had a table highlighting the offerings in their school of Human Performance and Physical Education.**





**2014 Poster Judging was held in the Event Lab at the Marriott.**



# INAUGURAL RMACSM HONOR AWARD

2014 Recipient:  
Kurt Dallow, MD, FACSM



Rocky Mountain ACSM Honor  
Award 2014

To: Kurt Dallow, MD, FACSM

Thank you for your many  
years of service, friendship,  
and expertise.

“More cowbell!”

It was our pleasure to honor Dr Kurt Dallow with the Inaugural RMACSM Honor Award. His interest in and passion for sports medicine laid the groundwork for RMACSM as a vital organization.

- Over 15 years of involvement with RMACSM
- Held various RMACSM Board positions, including President
- Received his medical degree from University of Colorado School of Medicine
- Has been practicing family medicine for 20 plus years and during that time earned an added certification in sports medicine
- Associate Director as well as Chair Person of the Medical Education Committee at North Colorado Medical Center in Greeley, CO
- Medical Director of Rocky Mountain Cancer Rehabilitation Institute at the University of Northern Colorado (UNC) – Greeley, CO
- Adjunct Professor in the School of Sport and Exercise Science, and Team Physician at UNC-Greeley



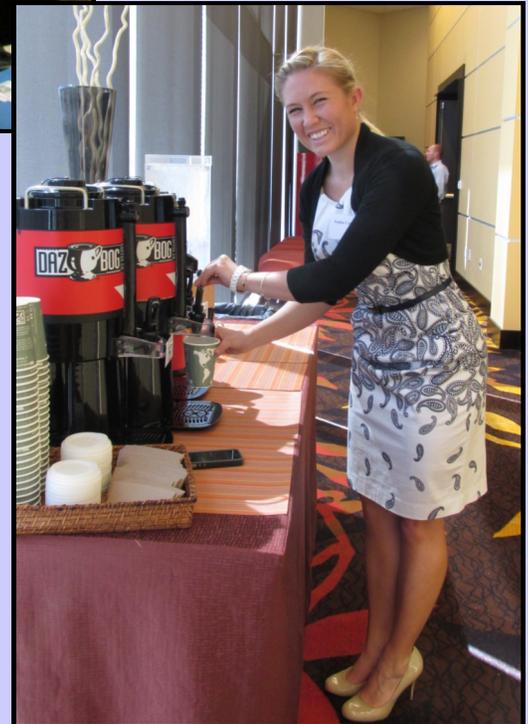


Some of the happenings at the meeting.

Below: coffee, tea and water were available and replenished frequently throughout the weekend

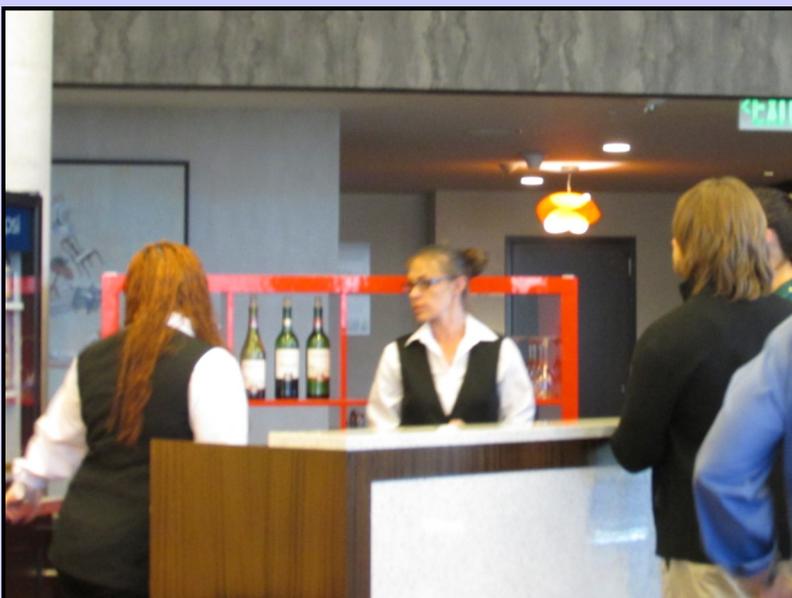


Above: In between sessions in the ballroom



Above: First time to have an exercise class as part of the meeting. Kevin Bretting put about 15 people through a rigorous routine on Saturday morning! Kevin is an ACSM Certified Exercise Professional.

Below: Mitch Stephenson took on the challenge of putting together the Student Bowl with the team from Colorado Mesa winning the \$1000.00 award to help defray travel expenses to the ACSM meeting in May.



Above: Marriott staff ready to serve at the Friday afternoon social.

RMACSM Student Bowl

CARDIOVASCULAR PHYSIOLOGY	BIOMECHANICS	METABOLISM	NEUROMUSCULAR PHYSIOLOGY	ANATOMY
\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000

FINAL JEOPARDY

## Welcome to the New Board Members



**Student Representative**—**John H. Kindred, M.S.** is a first year doctoral student in the Department of Health and Exercise Science at Colorado State University in Fort Collins, CO. After 9 years of active duty in the United States Marine Corps, John received his Bachelor's degree in Exercise Science from the University of South Carolina. He also received his Master's in exercise science at USC as well, working with Dr. Matt Kostek on his project investigating inflammation in the MDX mouse. Currently he is pursuing his Doctorate in Human Bioenergetics, studying under Dr. Thorsten Rudroff. Their focus is on the central and peripheral causes of fatigue and fatigability, especially in patients with Multiple Sclerosis. As a graduate research assistant, funded in parts by the National Multiple Sclerosis Society and NIH, he has presented research using Positron Emission Tomography (PET) to investigate glucose metabolism and skeletal muscle blood flow. Currently he has 3 publications under review, 1 first authorship, and scheduled to present findings associating force and muscle volume asymmetries between the affected and non-affected legs of

patients with MS at the National ACSM meeting in Orlando later this year. Previously John has presented posters at the Society for Neurosciences national conference and the South East chapter of the ACSM.

Along with his research experience John has also had teaching experience working as a teaching assistant during his Master's program and as well during his time in the USMC. He has taught a wide range of topics from wired and wireless signals interception/analysis to exercise physiology at both the undergraduate and graduate level. He also has worked in cardiac rehabilitation at Lexington Medical Center in West Columbia SC and as a bariatric counselor for the physician supervised Medi-Weightloss Clinic in Irmo SC. In both of these positions John has helped improve the health and welfare of people from several different populations.



**President Elect**—**Melissa J. Benton, PhD, RN, FACS** is currently an Associate Professor in the Beth-El College of Nursing and Health Sciences at the University of Colorado at Colorado Springs. She has been a member of ACSM since 2004 and a Fellow since 2010. Her activities as a member of ACSM include participation in the Strategic Health Initiative on Aging as well as the Aging Interest Group, of which she is a past co-Chair. Prior to relocating to Colorado in 2013, she was a member of the Southeast Chapter of ACSM. Dr. Benton received her MSN from the School of Nursing at California State University Dominguez Hills in 1994, and her PhD from the Department of Exercise and Wellness at Arizona State University in 2006. She is certified as a Clinical Nurse Specialist in Gerontological Nursing and her clinical practice has been in the areas of physical rehabilitation, aging, and chronic disease. Dr. Benton's primary research focus is evaluation of the clinical applications of resistance exercise in healthy and chronically ill middle-aged and older adults. She has

a particular interest in women's health, with middle-aged women being her population of choice. Her outcomes of interest include lean mass and body composition, strength, function, energy expenditure and quality of life. Dr. Benton regularly presents her research at ACSM national and regional conferences in collaboration with colleagues from both Nursing and Exercise Science. One of her goals as a member of ACSM is to increase nursing's visibility within the organization. She hopes to achieve this by fostering graduate and undergraduate nursing student awareness of exercise and physical activity as health promotion interventions and encouraging participation in ACSM at both the regional and national levels.



**Front Range Representative**—**Thorsten Rudroff, Ph.D.** is an Assistant Professor in the Department of Health and Exercise Science at Colorado State University (CSU). He is the Director of the Integrative Neurophysiology Laboratory at CSU. Dr. Rudroff's research interests include neurophysiology of muscle fatigue, neuromuscular function of children, and Positron Emission Tomography (PET), Computed Tomography (CT), and Magnetic Resonance Imaging (MRI) Techniques to study muscle function. More specifically, his current research projects include neurophysiology of muscle fatigue in healthy adults and in patients with Multiple Sclerosis, sex differences in neuromuscular function of children through developmental stages, and non-invasive imaging (PET, CT, MRI) of glucose uptake, blood flow, and oxygen consumption in skeletal muscle during fatiguing contractions. His research is funded by the National Institute of Health/National Institute of Aging to investigate muscle energetics in older adults and by the National Multiple Sclerosis Society to investigate skeletal muscle glucose uptake during walking in patients with MS. Dr. Rudroff earned a Bachelor's Degree in Sports and Exercise Science and Master's Degrees in Sports and Exercise Science and Physical Therapy from the German Sports University in Cologne, Germany. He received his Ph.D. in Exercise Physiology from the University of Constance, Germany and postdoctoral training from Dr. Roger Enoka, University of Colorado, Boulder. Dr. Rudroff has been member of the ASCM and presenting at national meetings since 2004. His goals for RMACSM include the support of new or expanding clinical and translational research collaboration between investigators in the Rocky Mountain region.

to investigate skeletal muscle glucose uptake during walking in patients with MS. Dr. Rudroff earned a Bachelor's Degree in Sports and Exercise Science and Master's Degrees in Sports and Exercise Science and Physical Therapy from the German Sports University in Cologne, Germany. He received his Ph.D. in Exercise Physiology from the University of Constance, Germany and postdoctoral training from Dr. Roger Enoka, University of Colorado, Boulder. Dr. Rudroff has been member of the ASCM and presenting at national meetings since 2004. His goals for RMACSM include the support of new or expanding clinical and translational research collaboration between investigators in the Rocky Mountain region.

**And a huge thank you to the following Board Members whose terms were completed this year: Dani Brittain (Front Range), Scott Drum (Past President), and Noah Gibson (Student Rep). We will miss working with all of you and hope that sometime in the future, you might consider rejoining the Board!**

## Comments from Evaluations

### Ideas for next year's conference:

- More options for sessions
- Include some physical breaks—maybe an outdoor walk (this was mentioned several times)
- Keep speakers to allotted time frame (this was mentioned several times)
- Trial clinical track
- Practical application of certain principles
- Have fitness equipment distributors at the conference perhaps as a vendor
- Motivational interviewing techniques for behavior change, functional movement anatomy, practical application/review of measurements techniques (skin fold, circumference, etc)
- High altitude training, marathon training
- More about hormonal influence
- Exercise and aging; training/physiology to improve performance; sport nutrition fads—fact vs fiction; latest issues with altitude and exercises
- Energy balance/obesity prevention or treatment; altitude training/sickness; ATC topics (manual therapy, acute injury rehab, etc)
- Supplements
- Foam rolling and other myofascial release/trigger point therapy and dry needling
- How various diets affect performance and lifestyle of athletes
- More information on working with/training the average person/adult
- Minimalist running; more on HIIT for older adults
- Comparison of energy expenditure related to different exercise strategies
- Sports sociology, hypertrophy training, GMOs. Supplementation and distinguishing between processed and natural foods
- Implementation of corporate wellness programs, fitness for tactical populations

### Upcoming ACSM Meetings

#### ACSM Annual Meeting

May 28-31, 2014, Orlando, FL

#### ACSM Conference on Integrative Physiology of Exercise

September 17-20, 2014 - Miami Beach, Florida, USA

#### ACSM Advanced Team Physician Course

December 11-14, 2014—Tampa, Florida

## Thanks to the following for making our 2014 meeting a success:

### The RMACSM Board:

Current President—Enette Larson-Meyer for contacting speakers and developing the conference schedule  
Past President—Mary Dinger for contacting volunteers and poster judging  
Front Range Rep—Dave Hydock for spearheading the abstract review and poster judging  
Front Range Rep—Teresa Sharp for poster judging  
Southwestern Rep—Tracey Robinson for poster judging, grant judging and arranging for the Adams State Booth  
Last Year's Past President—Scott Drum for suggesting the Honor Award and developing the criteria  
Front Range Rep—Thorsten Rudroff for poster judging  
Front Range Rep—Dani Brittain for poster and grant judging  
Wyoming Rep—Joi Thomas for being part of the Concussion Panel  
Board of Trustees Member—Kurt Dallow, MD for being part of the Concussion Panel  
Joi and Kurt also organized the Concussion Panel.

And of course, all of the Board members helped with planning topics and suggesting speakers.

### The Conference Volunteers:

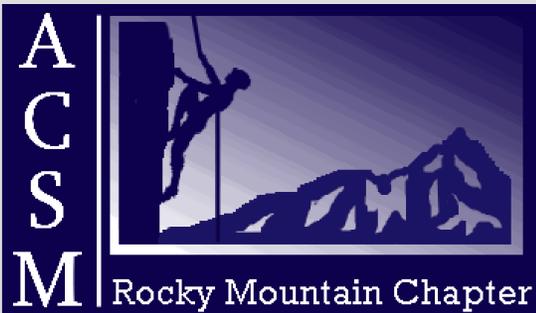
Melissa Ford, Grace Franklin, Sophia Carstens, Kristen Young and Chloe Leipzig. The volunteers manned the registration and special event tables, helped direct people to appropriate locations. In addition, Kristen Young took all the pictures that you see in the newsletter.

### The Marriott Staff:

Doug Lambourne and Macy Pinkussohn for their help in putting together the agreement and helping with set-up plans. Jeremy and Louis helped with the technical set up and were always around for needs that came up during the conference.

**Our Speakers:** Gary Hunter, PhD; Nanna Meyer, PhD, RD; Stan Skrabut, EdD; Kurt Dallow, MD; Karen McAvoy, PsyD; Joi Thomas, MS, ATC; Nate Hepner, MS, ATC; Brenda Alexander, PhD; Christina Scribner, MS, RD; Sarah Pinson, RD; Rebecca Scalzo, MS; and Josh Drake, MS

**And thanks to everyone who submitted an abstract or grant proposal and to our vendors: Book publisher Wolters Kluwer Health | Lippincott Williams & Wilkins and TekScan.**



**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	2014 Mothers Day 5K	May 11, 2014
Boulder	Bolder Boulder 10K	May 26, 2014
Ft Collins	Floyds 99 Barbershop Fathers' Day 5 K	June 15, 2014
Estes Park	Coda Coffee Estes Park Marathon	June 22, 2014
Boulder	Avery Brewing Co Four on the 4th	July 4, 2014
Dillon	Keystone Trail Half Marathon and 10K	July 19, 2014
Boulder	2014 Ironman Boulder	Aug 3, 2014
Loveland	Valley 5000 Road Race 5K	Aug 15, 2014

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

## Bolder Boulder—Some Interesting Tidbits

By Rose Steen



Yes, that was me 30 years ago crossing the finish line at the 1984 Bolder Boul-

der—big hair and all. My finish time was 58 minutes, 55.9 seconds. There were 16,049 total finishers and I placed 11,953. The biggest thrill of this race is the finish into Folsom Stadium—you feel like a real athlete no matter your ability level. Entertainment along the course made the experience fun and interesting.

The Bolder Boulder is the largest race in the US where all participants are timed and the fifth largest road race in the world. Approximately 54,000 people participated in 2013. The first Bolder Boulder took place in 1979 with 2200 participants. In 1983 the innovative wave start was instituted making it easier for everyone to compete at their own pace.

1984 was the last time a USA male won the race—Herb Lindsey with a

time of 29:09. It was the first win for Rosa Mota (Portugal) who went on to win a total of 5 times. Her winning time in 1984 was 34:03.

USA men won the race a total of 4 times and USA women have won 10 times—the most recent was in 2006 when Sarah Slattery won with a time of 33:42.

The fastest male winner of the race was in 1995 when Josephat Machuka from Kenya won with a time of 27:52. That same year, Delilah Asiago from Kenya had the fastest time for women with a time of 32:13. Slowest winning times were in the early years of the race—for men, in 1980 Mark Hunter (USA) won with a time of 30:42 and in 1979, Sandy Simmons (USA) won with a time of 39:55.