



## Inside this issue:

- Pg 2—2015 Honor Award Winner
- Pg 3—Student Spotlight
- Pg 4,5—Pictures of 2015 Conference
- Pg 6—2015 Conference info
- Pg 7—Meet the RMACSM Board
- Pg 8—SCAN Symposium

## Upcoming ACSM Meetings

May 26-30, 2015—  
ACSM 62nd Annual Meeting, San Diego

### Another Successful RMACSM Annual Meeting!

Once again, the RMACSM Annual meeting was a success—excellent attendance numbers, great posters and wonderful speakers. Thanks to the RMACSM Board members for planning and carrying out this conference.

There were 42 abstracts submitted this year and we are pleased to announce the following winners of the poster judging: 1st place, Erin Strutz (CSU)—\$500.00; 2nd place, John-Michael Benson (CSU)—\$400.00; 3rd place, Ryan Marker (CU-Denver)—\$300.00; 4th place, Kimberly Burke (CSU)—\$200.00; 5th place, Nathan Ketelhut (CSU)—\$100.00 and 6th place, Keith Pfannestiehl (UNC)—\$100.00. Congratulations to the winners and thanks to everyone who spent the time to submit an abstract and to present a poster.

Six grants were submitted for review this year with four receiving a \$500.00 grant. The winners are as follows: 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  $VO_{2MAX}$  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*. Congratulations to the winners and thanks to everyone who submitted a proposal. We look forward to hearing results of the winning research activities at the 2016 RMACSM Annual Conference.

Congratulations to the team from Colorado State University for winning the 2015 Student Quiz Bowl. Members of the team were: John-Michael Benson, Hondo Anderson, and Shannon Rivas. Winning Quiz bowl teams receive \$1000.00 towards their travel to the ACSM Annual Conference in San Diego.

We would like to take this opportunity to extend our appreciation to the ACSM Foundation for providing the \$500.00 grant that RMACSM has designated as an honorarium for the Past President's Lecture each year. We also thank Gatorade for their support of the conference. This year Gatorade's support allowed us to bring in Dixie Stanforth, PhD from the University of Texas in Austin.

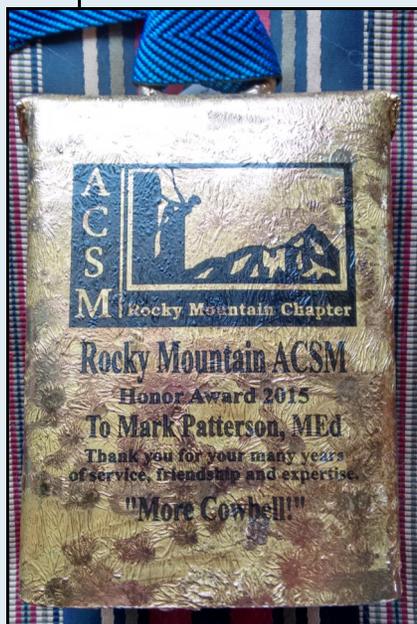
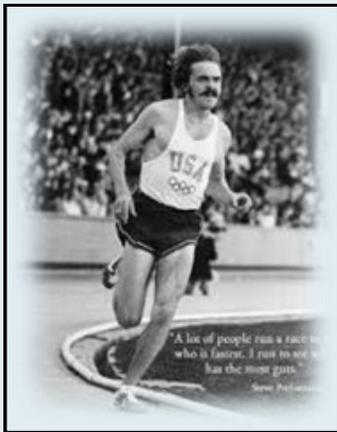
No event would be possible without the help of awesome volunteers. Thank you to Lucy Hinesley, Bethany Friehler, Darrell Sedersten and Christina Wetzig for the many tasks completed to make this conference a success!

# 2015 RMACSM Honor Award Winner Mark Patterson, MEd, RCEP

Rocky Mountain Chapter of ACSM is pleased to announce the 2nd annual recipient of the Honor Award. Mark Patterson has been involved with RMACSM for over a decade and during that time held various Board positions including President-Elect, President, and Past-President. He has graciously served as the host of numerous Student Bowl quizzes (including this year's). Mark received his Master's degree from the University of Virginia and has been practicing Clinical Exercise Physiology for decades. He is the past chair of both ACSM's Registered Clinical Exercise Physiologist Board and the Continuing Education Committee of CEPA. Mark is certified as a Cancer Exercise Trainer by the ACSM/ACS and currently runs a consultation and evaluation service for both Cardiology and the Department of Vascular Surgery at Kaiser Permanente Colorado.

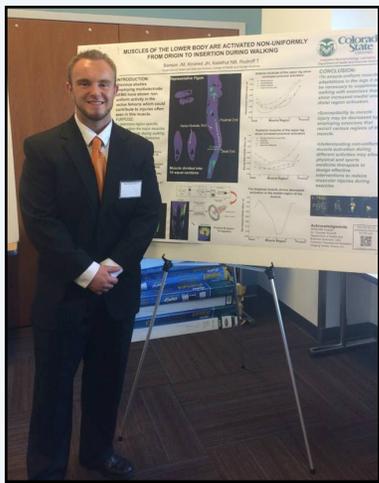
In addition to his professional credentials, Mark is an avid endurance athlete with a 2:35 marathon and a 4:05 mile to his credit! He will break the 5:00 mile barrier by the time he turns 47 years old.

Congratulations and thank you to Mark for his dedication to RMACSM and ACSM! We appreciate all you have done and look forward to working with you again in the future...maybe a Past President's Lecture?



**More Cowbell!**

**Mark Patterson, MEd,  
RCEP—2015 Honor Award  
winner with Scott Drum, PhD**



## Undergraduate Spotlight

John Kindred, RMACSM Board Student Representative announced that the Student Affairs Committee (SAC) of ACSM has accepted his idea of presenting undergraduate spotlights highlighting students currently involved in working with ACSM members and performing research. These Undergrad Spotlights will be posted on the ACSM Students Facebook page and published in the RMACSM Newsletter.

Students and Faculty who wish to submit a student's information should follow the outline below and submit the completed form to John Kindred for review. A sample word document will be sent to RMACSM members for easier completion and submission to John. John's email is [jhkindred@gmail.com](mailto:jhkindred@gmail.com) if you have any questions or need further clarification. Congratulations to John-Michael Benson for being the first student in the Undergraduate Spotlight!

**Undergrad Student Name:** John-Michael Benson

**ACSM Mentor:** Thorsten Rudroff, PhD

**University, Department, and ACSM Region/Chapter:** Colorado State University, Department of Health and Exercise Science, Rocky Mountain Chapter

**Project Title:** Bone Glucose Uptake and Density in Patients with Multiple Sclerosis

**How did you become involved with the ACSM?** I became involved with ACSM through my involvement in research in the Integrative Neurophysiology Laboratory at Colorado State University.

**Have you attended a regional or national ACSM conference?** I've attended the 2013, 2014, and 2015 annual Rocky Mountain Chapter ACSM conferences.

**What drew you to working with your mentor?** I was drawn to work with Dr Rudroff because of his research interests in the neuromuscular mechanisms behind fatigue. A primary hobby of mine is weight lifting and I thought that his research would supplement my interests in exercise.

**Tell us a little about the project you have been working on.** Patients with Multiple Sclerosis (MS) have been shown to have lower bone mineral densities (BMD), predisposing them to bone fracture. Decreased BMD could be a manifestation of MS directly or from lower physical activity levels. Physical activity is important because bone loading and unloading during exercise stimulates osteoblast activity, maintaining bone health. The purpose of my study was to investigate the association between BMD and glucose uptake in common fracture sites in patients with MS using Positron Emission Tomography (PET) / Computed Tomography (CT). The results of the study showed that patients with MS had decreased trabecular BMD in the spine as well as the femoral head while cortical BMD was similar between the groups. No differences were detected in glucose uptake in the femoral head or the spine. These findings suggest that glucose uptake, and therefore metabolic activity, cannot account for the reduction in BMD. Other factors that influence BMD such as physical activity or glucocorticoids may play a more important role.

**How has working on a research project affected your college experience?**

My involvement in research has been an invaluable supplement to my college experience. I have been able to take what I learn in the classroom and apply it to real life applications. My involvement has also provided me with the opportunity to attend 3 regional ACSM conferences. I'm also an author on a research publication. None of these experiences would have been possible without my research involvement. I also recently had the opportunity to present a poster at Rocky Mountain ACSM. My poster presentation was ranked second at the conference and this ranking provided me with the opportunity to talk about my research in front of the entire conference. Additionally, my undergraduate peers and I were able to work together and win the RMACSM student quiz bowl. This was another very exciting opportunity because winning this competition provided us with a travel grant that will help fund our way to the national ACSM conference this May.

**How do you think participating in research will help your future endeavors?**

Without my research involvement I would have been ignorant to the significance that scientists and research have on medicine. I now know that as a physician scientist I will be able to make the greatest impact on my patient's lives by contributing to all aspects of medicine, both in a clinical setting and in the research community.

**How do you see the ACSM being a part of your future?**

ACSM will continue to be a part of my future because I see myself attending regional meetings during medical school and as a physician. I also hope to continue presenting at annual meetings throughout my career and contributing to the organization.



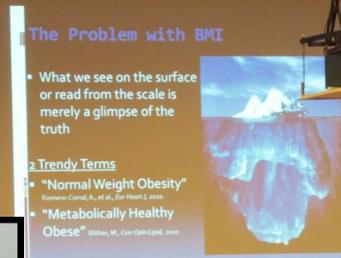
Russell Carson and Brian Dauenhauer from UNC at their table in the reception area.



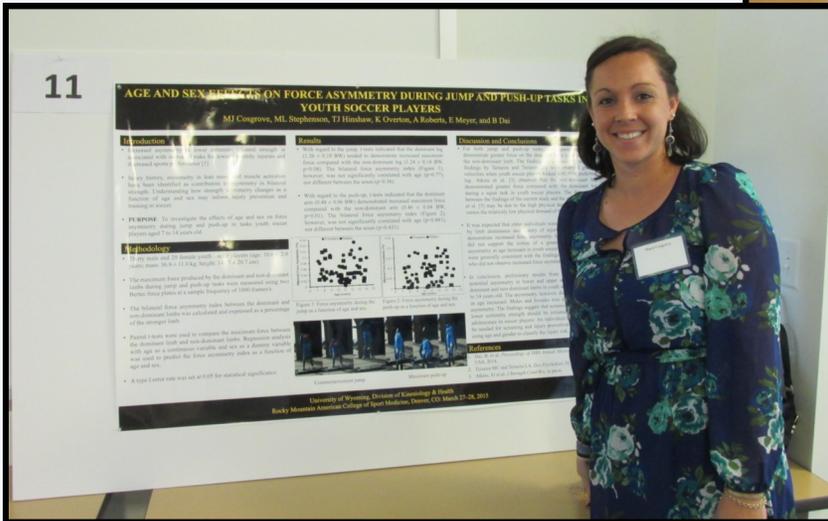
The Denver skyline in the background and people mingling in the lobby at the Springhill Marriott.



Student quiz bowl teams awaiting the next questions from moderator, Mark Patterson, MEd



Mark Peterson, PhD, University of Michigan presenting the Keynote address: *“Dysfunctional Muscle in Aging, Obesity, and Neuromotor Disabilities: Unraveling Cause from Consequence”*



Mara Cosgrove from the University of Wyoming with her poster during Friday’s poster judging.



Poster viewing and judging



Mark Patterson receiving his Cowbell Honor Award



An opportunity to stand and stretch between presentations.



The coffee station was a popular stopping place on Friday afternoon.

## **Highlights of the 2015 RMACSM Conference**

- 1st year of judging half of the posters at a time—this was very successful. There were positive comments from students that this allowed them a chance to view the other posters and helped to make the room a little less congested.
- 1st year of the Past President's Lecture—opportunity to encourage participation in the conference by those who have previously held a leadership role in RMACSM.
- 2nd year of leaving Friday evening open for a social event for those who wish to participate.
- 2nd year of the RMACSM Honor Award
- 2nd year of providing a physical exercise option early on Saturday morning
- 137 were in attendance at this year's conference—21 more than last year. Thank you all for coming!

## **Opportunities for Improvement**

- Evaluation by attendees—this year, very few evaluation forms were returned. The evaluations help us to assess whether our programs meet the educational needs of attendees and to determine the course structure and content for succeeding years.
- Lack of attendance for presentations by the winners of the Student Poster judging. We experiment with timing of different sessions of the conference and may try something different next year.

## **Some Comments from the Evaluation Forms**

- Identifying the role of non exercise activity thermogenesis (NEAT) for daily activity
- Enjoyed the presentation on working with law enforcement professionals
- Encourage more active living. Download apps to encourage standing and activity
- Will implement grip strength testing into initial patient evaluation
- Look into ways to get clients more active during the day (e.g. passive cycling)
- Factors to be used when trying to get people to be more physically active
- Ways to introduce activity into our sedentary lives—to reduce too much sitting
- Cancer survivor training

## **Ideas for 2016 Conference From the Evaluation Forms**

- Role of new technologies for exercise, research, education—age specific exercise adaptations, especially early-age
- Exercise is Medicine information
- Behavior change, posture
- Metabolism
- Motivating clients to make changes, nutrient timing for exercise performance, ergogenic aids, current trends in exercise, functional fitness
- Skeletal muscle development and obesity, aerobic training in older adults. Areas of exercise and clinical cross-overs
- Sport performance—especially going into Olympic year; nutrition fads and facts related to exercise performance
- Fitness industry employment trends, challenges, etc
- Lactate threshold training, lactate curve training, variations in anaerobic speed, aerobic speed, anaerobic endurance, etc. Conditioning for athletes, for weight loss, for couch to 5K, for emergency services. Exercise in populations/professions (desk jockeys, professors/teachers, emergency responders). Validity of training styles (HIT, long term steady state, body building, etc)

## RMACSM Board of Directors 2015-2016

The Rocky Mountain Chapter of the American College of Sports Medicine is very fortunate to have the willing participants who give of their time to assure a vibrant organization. These are the current members of the Board.

**President: Melissa Benton (UCCS)**  
**President-Elect: Dave Hydock (UNC)**  
**Past President: Enette Larson-Meyer (UWY)**  
**Regional Chapter Rep to ACSM: Trevor Bennion**  
**Board Member (Front Range): Thorsten Rudroff (CSU)**  
**Board Member (Front Range): Teresa Sharp (UNC)**  
**Board Member (Front Range): Anthony Bull (Colorado College)**  
**Board Member (Southwest): Tracey Robinson (Adams State)**  
**Board Member (Wyoming): Joi Thomas (UWY)**  
**Student Representative: John Kindred (CSU)**  
**Executive Director/Treasurer: Rose Steen**

**Thank you to Tim Behrens who is leaving the board this year after many years of service. Tim served as treasurer for three years from 2010 through 2012. Since that time he has served as the Regional Chapter Rep to ACSM. His expertise was invaluable to me (Rose) as I took over the treasurer duties of the board.**

**Thank you to Mary Dinger who leaves the board after her three year commitment as President-Elect, President and Past President. Thank you, Mary, for all you did to assure successful annual meetings during your tenure.**

**We will miss both of these dedicated members but also welcome two new members to the board—Trevor Bennion and Anthony Bull.**

### Meet our new Board Members

**(pictures and bios will be available on-line on the RMACSM website in the near future)**

**Anthony Bull, PhD**—Anthony earned his PhD at the University of Nebraska – Lincoln in Exercise Physiology, and was a faculty member of Exercise Science at Creighton University in Omaha, Nebraska from 2001 to 2012 before moving to Colorado College.



**Trevor Bennion MS, ACSM HFS, CET**—Trevor will be working for Natural Grocers to help lead the company's nutrition education department. He is specifically tasked with educating all of the company's nutritionists in healthy dietetics trends. He will still be involved in exercise physiology research from a distance by participating in studies conducted in Idaho.

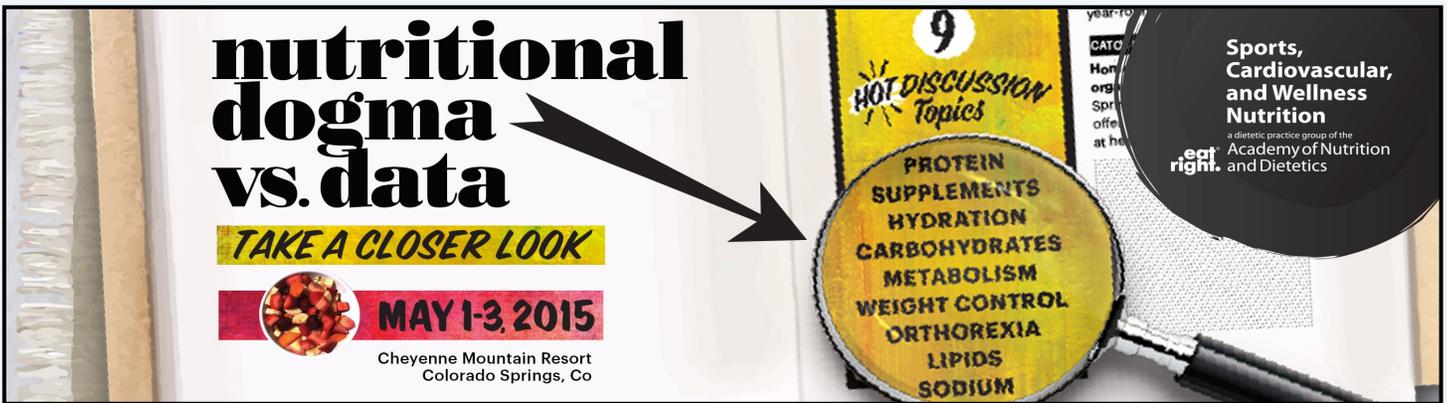
Trevor is credentialed as both a certified specialist Cancer Exercise Trainer (CET) and a Health & Fitness Specialist (HFS) through ACSM. He received his Exercise Science degree at BYU and his MS at AT Still University and continues work on his PhD at AT Still.



### Employment Opportunity

**Adams State University is looking for a tenure track faculty member with an emphasis in biomechanics and strength & conditioning, to start in the fall semester 2015. Please share this information with anyone who might be interested. Link to the position announcement is below:**

[http://www.adams.edu/administration/hr/fe1101\\_assistant\\_professor\\_of\\_biomechanics\\_%26\\_strength\\_and\\_conditioning.pdf](http://www.adams.edu/administration/hr/fe1101_assistant_professor_of_biomechanics_%26_strength_and_conditioning.pdf)



## 31st Annual SCAN Symposium

May 1 – 3, 2015

[Nutritional Dogma Vs. Data: Take a Closer Look](#)

at

[Cheyenne Mountain Resort](#), Colorado Springs, Colorado

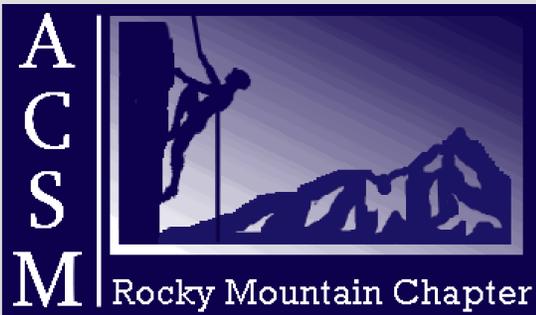
### Event Details

Are you guilty of being dogmatic in your practice of nutrition? It's not uncommon that as practitioners we cling to our ideologies, despite contrary accumulating scientific evidence. It doesn't help that nutrition research and dietary recommendations tend to be contradictory and often leave us in a state of confusion. Often we hear evidence that refutes a deeply held practice and while we will internally acknowledge its significance, somehow we dismiss it and revert back to the familiar.

Challenge those nutrition dogmas! Join [Sports, Cardiovascular & Wellness Nutrition](#) (SCAN) at our 31<sup>st</sup> Annual Symposium, [Nutritional Dogma Vs. Data: Take a Closer Look](#), May 1 – 3, 2015 at [Cheyenne Mountain Resort](#) in Colorado Springs, CO. **Earn up to 24 Continuing Professional Education (CPE) credits** with 24 educational sessions and 30+ speakers that will explore, challenge and debate the recent paradigm shifts in sports nutrition, cardiovascular health, wellness and eating disorders. Attendees will hear new trending research on **dietary supplements, proteins, hydration, sodium intake, diabetes, carbohydrates, eating disorders, athletic performance** and more, all of which will allow them to blaze new trails even as we cling to our ideology. If that isn't enough, register separately for one of SCAN's Pre-Symposiums: **The United States Olympic Committee (USOC) Workshop** will provide attendees an extraordinary opportunity to learn from USOC Sports Dietitians at the USOC Training Facility while the **American Council on Exercise (ACE) Health Coaching Workshop** will prepare attendees to take ACE's nationally accredited Health Coach Exam, and in turn broaden your services offered while increasing marketability. Are you ready to be challenged? **Discounts Available.** Learn more & Register at <http://www.scandpg.org/professional-development/professionals/2015-symposium/>. Connect with SCAN [@SCANdpg](#), [#SCANSymposium](#), or [facebook.com/scandpg](https://www.facebook.com/scandpg).

### About SCAN

SCAN is the largest dietetic practice group of the Academy of Nutrition and Dietetics. With over 7,200 members, SCAN brings together Registered Dietitians, Registered Dietetic Technicians and others with nutrition expertise in the areas of sports, physical activity, cardiovascular health, wellness, and the prevention and treatment of disordered eating and eating disorders.



**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
Aurora	Columbine Classic 4 mile & 8 mile	May 3, 2015
Boulder	Mother's Day Title 9K+ Run 2015	May 10, 2015
Denver	2015 Kaiser Permanente Colfax Marathon	May 17, 2015
Boulder	Bolder Boulder	May 25, 2015
Castle Rock	Castle Rock Half Marathon	May 30, 2015
Greeley	Greeley Center for Independence 2K/5K walk, run & roll	June 20, 2015
Littleton	Miles for our Military 5K	June 27, 2015
Westminster	Dog Days 5K, 10K, Half Marathon	July 25, 2015

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

### Some of the Best Car-Free Bike Trails in the US By Rose Steen (with lots of help from bicycling.com)

Here are the top 10 car-free bike trails in the US with brief descriptions of the trails found in the western United States. If you want to see more, just go to the bicycling.com website.

**#1. George S. Mickelson Trail, South Dakota**—109 mile rail trail in the Black Hills of South Dakota. Start in Deadwood and travel through this scenic area over converted railroad bridges and through tunnels. Rarely exceeds a 4% grade with well marked trail heads, restrooms and picnic tables.

**#2. Banks Vernonia Trail, Oregon**—45 miles west of Portland, this flat 21 mile rail to trail follows a line that dates back to the 1920's. You will traverse over converted railroad bridges and trestles.

**#3. Carriage Trails, Acadia National Park, Maine**

**#4. American River Bike Trail, California**—a tranquil 32 mile trail that runs from Discovery Park in Old Sacramento to a lake in the town of Folsom. The American River will be at your side on this paved trail where you will pedal under a covering of trees most of the way. You will also cross a mini replica of the Golden Gate Bridge—the Guy West Bridge.

**#5. Katy Trail, Missouri**

**#6. Island Line Rail Trail, Vermont**

**#7. Paseo del Bosque Trail, New Mexico**—This 16-mile recreational trail west of downtown connects with many other multi-use trails and runs along the Rio Grande. With its large twisted cottonwood trees, coyote willow, red rocks, lizards, and mountains

rising up on the horizon, it's a hauntingly beautiful place to explore.

**#8. Pittsburgh to Washington, DC**

**#9. Historic Union Pacific Rail Trail State Park, Utah**—this 28-mile trail, which begins downtown and follows Interstate 80 through Wanship and Coalville to Echo Reservoir. Starting at 6,800 feet, is a great recovery ride for those who've conquered the Wasatch Crest Mid-Mountain Loop. The mostly gravel rail trail is a leisurely joy ride with a gentle grade, wildlife sightings, and stretches into farm country, wetlands, and a volcanic canyon.

**#10. Trail of the Coeur d'Alenes, Idaho**—This 72 mile long asphalt trail winds through the panhandle of Idaho through the Chain Lakes region, forested areas and through Silver Valley. It is accessible via 20 trailheads.