

RMACSM Annual Meeting Information

Event Location: University of Colorado at Colorado Springs

Dwire Hall Rm 121 (UCCS CAMPUS, 1420 Austin Bluffs Dr)

Campus Map: <http://map.uccs.edu/>

Pre Conference RMACSM Challenge Cup Event: Friday, April 6, 2018 at 10am (Manitou Incline)

Conference Day 1: Friday, April 6, 2018 will begin at 4:15pm and will run until 9pm

Conference Day 2: Saturday, April 7, 2018 will begin at 8am and will run until 4:30pm

Confirmed Speakers Will Provide A Wide Variety of Clinical and Human Performance Perspectives.

Mary Miles, Ph.D., FACSM, Professor, Montana State University. "Exercise, Diet, and Potential Impacts of the Gut Microbiome on Health"

Brent Alvar, Ph.D., FACSM, Professor, Point Loma Nazarene University, San Diego California. Strength and Tactical Training Topics

Mark Patterson, M.Ed., ACSM-RCEP, Past RMACSM President, Registered Clinical Exercise Physiologist, Kaiser Permanente Cardiovascular Services. "Exercise after diagnosis: One step at a time"

Evan Johnson, Ph.D., Assistant Professor, University of Wyoming. Everyday Hydration; I should care?

NEW!!!! Pre Conference Activity: 1st RMACSM Challenge Cup Event

How Fast Can You Hike Up The Manitou Incline? Can your group win the 1st Rocky Mountain Challenge Cup Event?

The event begins at 10am and team start times will run about every 5 minutes. Core teams must consist of at least 5 individuals including at least one professional/faculty member. Your team is encouraged to stay together during your ascent. Team times will be recorded as the time that the 4th member crosses the finish. THEN, each additional member from your team that completes the incline challenge will reduce the team's overall time by 10 seconds (So the faster your team and the more people that you can bring, the more likely it is that you will win). **All participants must be RMACSM members and be preregistered for the annual conference.** This event will run when the incline is snow covered or not, so have your microspikes ready! If you want to participate, but do not have 5 members from your institution coming, do not worry. Please contact Laura Stewart with your intention to participate by the event registration deadline (see below) and smaller groups will be added together to form unified teams. There may be more than one team per institution.

This event is free to RMACSM annual conference attendees (who have preregistered for the conference) AND who have signed up for the event with Laura Stewart by March 19, 2018. The top three institution teams will be recognized at the RMACSM social later in the evening of April 6, 2018. The overall institution winner's team name will be added to the RMACSM Challenge Cup Trophy, which will be prestigiously displayed at the annual RMACSM conference each year.

Get your team together and contact Laura Stewart (Laura.Stewart@unco.edu) with your Team Name and contact information including the phone numbers and emails of all team members by noon on March 19, 2018. Each team will receive detailed event instructions (information on parking/start times etc) on March 19, 2018.

Teams from UNC, UW, and UCCS have already expressed interest. Do you think you can beat us?

The Abstract Submission Site is OPEN! Details for the RMACSM abstract submission, poster instructions and presentation guidelines are attached and are also available on the RMACSM website. Abstracts are due March 1, 2018 at noon.

Compete for Student Poster/Presentations Awards! Submit your abstract and indicate that you would like to complete!

Graduate Student Awards: 1st: \$1,200 (President's Cup), 2nd: \$300, 3rd: \$150

Undergraduate Student Awards*: 1st: \$300, 2nd: \$150, 3rd: \$100

Student Research Grants Are Available. Two \$1000 graduate research grants and one \$1000 undergraduate research grant are available to support student research projects. Please see the RMACSM website or the attached Student Research Guidelines for more information. Grants are due March 1, 2018 at noon and winners will be announced at the annual 2018 RMACSM meeting.

Don't forget to plan to sign up for the Student Bowl. This jeopardy style event will be open to teams of 3 undergraduate students. Each student on the winning team will receive a stipend award to help cover the cost of attending the National Meeting in Minneapolis, so be sure to get a team together!

Sign up Early to Get the Best Rates!

To Register For the Meeting Click Here: [REGISTER TODAY!](#)

Registration Rates until 3/12/18 (Registration Includes Lunch)*

Professional RMACSM Members- \$100

Professional Non-RMACSM Members- \$150

Professional New RMACSM Members- \$135 (Includes 1 year RMACSM membership)

Student RMACSM Members- \$40

Student Non-RMACSM Members- \$70

Student New RMACSM Members- \$55 (Includes 1 year RMACSM membership)

Rates from 3/13/18 - 3/31/18 (Registration Includes Lunch)*

Professional RMACSM Members- \$150

Professional Non-RMACSM Members- \$200

Professional New RMACSM Members- \$185 (Includes 1 year RMACSM membership)

Student RMACSM Members- \$55

Student Non-RMACSM Members- \$85

Student New RMACSM Members- \$70 (Includes 1 year RMACSM membership)

Rates from 4/1/18 until 4/7/18 (Registration DOES NOT include Lunch)

Professional RMACSM Members- \$150

Professional Non-RMACSM Members- \$200

Professional New RMACSM Members- \$185 (Includes 1 year RMACSM membership)

Student RMACSM Members- \$55

Student Non-RMACSM Members- \$85

Student New RMACSM Members- \$70 (Includes 1 year RMACSM membership)

*Please contact Margaret Harris (mHarris5@uccs.edu) if you have any special meal requirements prior to March 15, 2018.

Reserve Your Hotel By March 9, 2018 for the best rate.

Hyatt Place Colorado Springs/Garden of the Gods

<https://coloradosprings.place.hyatt.com/en/hotel/home.html>

Discounted Rate: \$94*
King and Double Beds
503 West Garden of the Gods Road
Colorado Springs, CO 80907
719-265-9385

*** You must reserve prior to March 9, 2018 to receive this rate. When you call, mention that you are associated with Margaret Harris at Rocky Mountain ACSM (RMACSM, and UCCS).**

To Summarize: Important Dates and Deadlines

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| March 1, 2018 at noon | Abstract Submission Deadline (See guidelines attached and on RMACSM website) |
| March 1, 2018 at noon | RMACSM Grants Due |
| March 9, 2018 | Discounted Hotel Rooms Reservation Deadline |
| March 15, 2018 | RMACSM Conference Special Meal Requirement Request Deadline |
| March 19, 2018 at noon | RMACSM Challenge Cup Event Registration Closes |
| April 6-7, 2018 | RMACSM Conference – See you there! |