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For more information about RMACSM, please go to the website at www.RMACSM.org

ACSM 59th Annual Meeting and 3rd World Congress on Exercise is Medicine May 29-June 2, 2012 San Francisco, California

Make your plans now to attend the ACSM meeting at the Marriott Marquis in San Francisco.

For the third year, the World Congress on Exercise is Medicine will be held in conjunction with the ACSM meeting. Learn how you can be part of the Exercise is Medicine Global Network.

There will be a special session on Wednesday, May 30th featuring CNN Medical Correspondent, Sanjay Gupta.

Clinical themes for each day of the meeting are as follows:
 Wednesday—pediatrics and concussions
 Thursday—Lumbar spine, shoulder, injections, cardiology
 Friday—Knee
 Saturday—Knee and hamstring

Network with top experts in your field at the basic science or clinical receptions—both on Thursday, May 31st.

To register or for more information go to: acsmannualmeeting.org

RMACSM Annual Meeting Follow-up

The RMACSM Annual Meeting was a success. There was a great line-up of speakers, we had a very accommodating facility and the weather was perfect for everyone who had to travel.

There was an excellent selection of posters to be judged with the following winners announced:

1st Place: Molly Welsh—UCB
 2nd Place: Stephanie Greufe—UNC
 3rd Place: Dan Shackelford—UNC
 4th Place: Zach Lerner—CSU
 5th Place: Traci Parry—UNC
 6th Place: Derek Haight—CSU

Undergraduate: Tie
 Hillary Clark—Western
 Valerie Ward—CSU

Clinical: Bryan Bunn—North Colorado Family Medicine

Eight grant proposals were submitted and the four winners were awarded \$500:
 Molly Madden Welsh—UCB
 James Peterman—UCB
 Becky Scalzo—CSU
 Brent Peterson—UNC

Congratulations to all the winners and thank you to everyone who submitted an abstract or grant proposal.

RMACSM Board Changes

President

Scott N. Drum

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President Elect

Mary Dinger

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Past-President

Ray Browning

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Board Member (Front Range Area)

Dave Hydock

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Board Member (Front Range Area)

Danielle Brittain

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Board Member (Metro Representative)

Ben Thompson

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Board Member (Southwestern Representative)

Tracey Robinson

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Board Member (Wyoming Representative)

Joi Thomas

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Student Representative

Nicole Strom

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Regional Chapter Rep., National ACSM

Tim Behrens

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Board of Trustees

Kurt Dallow

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Executive Director/Treasurer

Rose Steen

rjsteen2009@gmail.com

The RMACSM Board has decided to eliminate the board position of treasurer and incorporate treasurer duties into the Executive Director position.

Student Bowl Winners

The following Colorado Mesa University students were the winners of the Student Bowl held at Annual Meeting:

Karlie Jouflas

Kelsey Follett

Michael Cramer

The three will share a \$1000 prize from RMACSM to help defray costs at the ACSM National Meeting in San Francisco. Their registration fee to the meeting is covered by ACSM. Congratulations to the winners.

Thanks to Volunteers

Thank you to the following volunteers who helped set up the registration tables and helped everyone register: Becky Lauersdorf, Chrissy Steigerwald, Tanya Pater, Molly Welsh, Stacy Davis, and Kate McDonald.

Thanks also to RMACSM Board Members who did so much to arrange the facility, contact and schedule speakers, arrange for easels for the posters, help with registration and who spent so much time reviewing grant proposals and abstracts. You are all a pleasure to work with!



Tim Behrens with 3 of our volunteers

Evaluation Comments - RMACSM Annual Meeting

By completing an evaluation form, attendees help to improve future meetings. 32 evaluations were returned and following are some of the results. Through review of the table below, we see that there was insufficient time during/after the presentations to allow for interaction with the speakers and that we need to strive to put together a packet that is more useful and meets expectations. Program content, location and cost were rated highly and we are happy to see people plan to attend in the future.

Program Content was appropriate	3.7
Topics were thoroughly covered	3.5
Packet Materials were valuable	3.3
Sufficient Time to interact with speakers	3.1
Cost was reasonable	3.7
Sufficient time for each activity	3.2
Conference Facility was satisfactory	3.8
Plan to attend future RMACSM mtgs	3.7

Ideas for Conference Improvements

- Better organization, greater outreach and marketing in area schools
- Staying more on schedule and working to get more chapter members to attend
- Promoting the conference to improve attendance
- 5-10 minutes between topic presentations for restroom time and leg stretch
- PDFs of speaker presentations
- Host meetings on Western slope
- 2 conferences/year
- More time for questions/interactions after/before presentations
- More emphasis on undergrad posters—info on what they actually did in research
- Keep speakers on time
- Providing a dinner for participants the first night, open bar with snacks during the poster review
- Better advanced information on specific topics to be covered
- More on Friday—finish earlier on Saturday
- Free merchandise isn't a bad idea
- More rooms for conferences and more studies presented

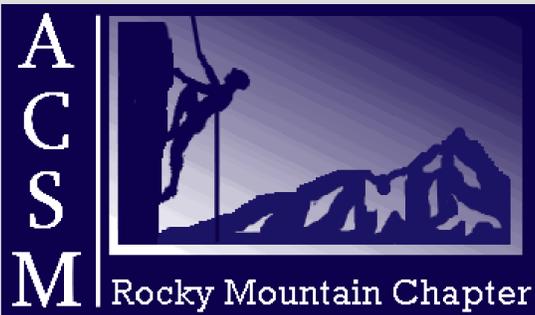
Ideas for Future Conference Topics/

- More on Exercise is Medicine
- Neuromuscular interactions with exercise and chronic disease
- Endurance for obese populations
- Two tracks was an excellent idea—keep for next time
- Neuroscience/neuromuscular topics
- More biomechanics
- Lactate thresholds and altitude changes
- More nutritional presentations (several requests for more on nutrition)
- More communication with doctors to give them data on client progression
- Strength integration
- Satiety and weight loss
- Hormones, stress, sleep related to exercise
- Intervention programs and efficiency

Comments Regarding Changing Professional Practice

- Evaluate Vitamin D deficiency in athletes
- Emphasis on Exercise is Medicine
- Utilization of HIIT (several comments re: HIIT—implications, utilization)
- Focus on fitness, not on obesity
- Metabolic efficiency plate diagram
- Information about altitude
- Clinical health promotion and its importance
- Combine nutrition and exercise as a package
- Getting physicians to write exercise RX and setting up a path/network
- Energy efficiency
- Incorporating the use of exercise “vital signs” as indices of PA measurement
- Overtraining is really under-resting

Thanks for completing evaluation forms and helping to assure an improved annual meeting in 2013



**Rocky Mountain Chapter
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**Please contact me if you have ideas for
articles in future Newsletters.**

Upcoming Events

Location	Event	Day/Date
Loveland	Community Classic Bike Tour	Sun, May 20
Durango	Quarter Horse-Iron Horse Bicycle Classic	Sat, May 26
Boulder	Bolder Boulder	Mon, May 28
Casper, Wy	10th Annual Casper Marathon, Half Marathon	Sun, June 3
Boulder	Boulder Sunrise Century	Sat, June 23
Denver	Stadium Stampede 5K	Sun, June 24
Casper, Wy	Riverside Triathlon	Sat, June 30
Longmont	Tour de Cure Colorado	Sun, Aug 12
Denver	Denver Half Marathon and 10K	Sun, Sep 9
Louisville	Monster Dash 5K	Sat, Oct 27

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

Media Review

by Rose Steen



After hearing Carl Foster's presentation on High Intensity Interval Training, I decided it was time for me to pick up the pace of my normal walking routine and try something that had more intensity. But I needed to be able to time segments. Well as you probably know there's an app for that. There are several interval timers available for Android or iPhone/iPod.

I've been using it regularly for a few weeks and find that I am working a lot harder and supposedly burning more calories. Very handy tool and easy to use.

Book Review—“Born to Run” by Chris McDougall

Before hearing about Micah True's death in New Mexico at the end of March, I knew nothing about him or ultrarunners. This book seemed like an appropriate choice for the newsletter review.

I thought it might be uninteresting and difficult to read—boy, was I surprised. I repeatedly said to myself—“I love this book”.

All of the following were woven into a suspenseful and enjoyable story—intriguing characters with enough development to make you care about them, scientific facts about the human body and how it was made to run, persistence hunt-

ing (something else I knew nothing about), running shoe theory and great descriptions of many different locations.

I was in awe of the athletes ability to run until near collapse and being able to pull themselves together to finish their races. I found the book entertaining and educational.

I was not inspired to do any bare-foot running but I will probably be holding on to my shoes for a little longer!

“You don't stop running because you get old, you get old because you stop running” - quote attributed to Dipsea Demon (Jack Kirk)