

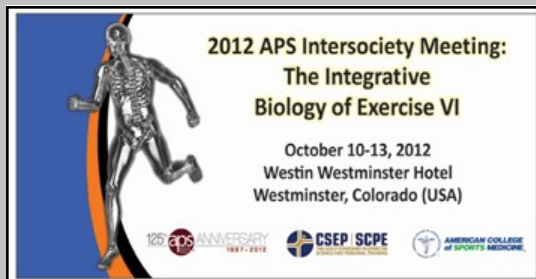


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- Benefits of RMACSM Board Membership
- RMACSM Member Profile

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

Upcoming Educational Opportunities



This is the sixth meeting in the series of exercise physiology that began in 1992. This popular meeting includes intersociety collaborations from the American Physiological Society (APS), the American College of Sports Medicine (ACSM), and the Canadian Society for Exercise Physiology (CSEP).

This meeting is designed to provide a strong scientific program with participant interaction and emphasize emerging research performed by young investigators.

The participants will likely focus on recent important advances in the traditional areas of interest in exercise (e.g. metabolic control, cell signaling, satellite/stem cells biology, hypertrophy, vascular adaptations) as well as significant new developments in emerging areas of science that have great relevance to investigators interested in exercise (e.g. mechanical signal transduction, AMPK, cytokines).

For more information or to register for the meeting, go to www.the-aps.org website and click on the Meetings tab at the top of the opening page. **Registration deadline is September 5, 2012.**

RMACSM 2013 Meeting

Planning for the RMACSM 2013 Annual Meeting is underway. **Save the dates—April 5-6, 2013—and plan to attend the meeting.** The 2013 meeting will be held in the Denver area, possibly at the Marriott at Metro State University. More on the location and exact times of the meeting will be disclosed as decisions are made.

As in the past, Friday's sessions will start in the early afternoon and activities will continue throughout the afternoon and evening. Saturday's sessions will conclude mid-afternoon. The schedule is likely to include two tracks for Saturday—one addressing basic science and one addressing application.

Currently the focus of the meeting is planned to be Physical Activity, Health Promotion relative to Chronic Disease Prevention. Nutrition topics will also be part of the program. No speakers have been scheduled at this time, but as in the past faculty will include national and local speakers who are experts in their fields.

The RMACSM Board is excited to be planning this program and is taking into consideration some of the suggestions made on evaluation forms at the 2012 meeting. One of our goals is to increase attendance—especially those in non-academic professions such as athletic trainers, nutritionists, therapists, etc.

RMACSM Member Profile—Susan Carter, MD

Former RMACSM Board Member, Susan Carter, MD maintains a busy schedule in her Greeley, Colorado gynecology practice. Additionally, she is a team physician for the University of Northern Colorado, is an affiliate professor for CU Medical School and serves as Medical Director of the North Colorado Medical Center's Robotic and Minimally Invasive Surgery Program.

Dr Carter also serves ACSM in the following areas:

She was appointed to **ACSM's Strategic Health Initiative, Women in Sport Committee** in 2010. This committee manages the annual Rathbone breakfast at the National meeting and selects topics and speakers for the next year's meeting. The committee also mentors and promotes new women Fellows in the College and awards scholarships for women Fellows in developing countries.

Dr Carter is active in **ACSM's Exercise is Medicine** and is a speaker for EIM. She is active in promoting participation and equality by girls and women in sport through the Women Sport International. WSI just entered an official collaboration agreement with ACSM in San Francisco this June.

Her work in **Return to Play Issues** focuses on consulting and helping to write workouts for athletes recovering from pregnancy, surgery, anorexia, etc. She is listed on the ACSM/FATC website and Team Physician Specialists for ACSM. Her most recent research areas, "Robotic Surgery in the Elite Female Athlete" and "Zumba Fitness as Rehabilitation from Robotic Surgery" were presented in July in Glasgow.

As a member of the **Female Athlete Triad Coalition**, Dr Carter just returned from the scientific meeting associated with the London 2012 Olympic Games where she chaired the symposium for the "Body Image and the Female Athlete" session. In addition to chairing the symposium, she was an invited speaker and spoke on the "Medical Sequelae of the Elite Female Athlete". She is a member of the FATC's education sub-committee on the Special Task Force for Education of Sport Professionals. The Task Force meets annually and are writing material for different levels of ACSM's members, athletic trainers, students, physicians, etc. FATC has developed a website for awareness for the general public and athletes.

At the 2010 Women Sport International/American College of Sports Medicine Joint Conference: Disorders of Sexual Differentiation, Dr Carter helped draft guidelines for "Disorders of Sexual Differentiation" (renamed **Hyperandrogenism** after the South African runner Caster Semenya experienced gender accusations. Working with Barbara Drinkwater, PhD and former president of ACSM she helped develop androgen guidelines for the 2012 summer Olympic games just completed in London.

In 2010, she served on the 2010 Task Force/Research Group to determine which Olympic sports were more dangerous to women than men. The consultancy of Carter, Drinkwater, Lebrun, Finch, Niehaus, and Pluim issued a statement to the International Olympic Committee Medical Commission.

Benefits of RMACSM Membership

The RMACSM Governing Board is encouraging new membership. The Rocky Mountain chapter of ACSM includes the states of Colorado and Wyoming. The following benefits of joining RMACSM have been identified:

- Opportunity to network with other clinicians, academics and fitness professionals
- Learn about career and educational opportunities in the Rocky Mountain region
- Student research grants (members only)
- Annual meeting with national speakers and opportunities to present research
- Registration discount at the regional meeting
- Poster session with financial awards at regional meeting
- Personal development through serving on the regional board or as a volunteer at the annual meeting
- Access to regional website and newsletter

Be a part of dynamic national and regional organizations that promote active lifestyles and who are committed to promoting safety and improved performance in all participants. Please visit RMACSM.org for information on joining.

RMACSM received its permanent charter from ACSM in 1974. The purpose of the Regional Chapter program is to stimulate involvement of large numbers of people in supporting the Mission and work of the national organization. The Chapters play a unique role, given the assumed ability to more directly and frequently interact with students, professionals and the public.

Current RMACSM Board Member Profiles

President



Scott Drum, PhD, FACSME, is now teaching and conducting research in Exercise Science at Northern Michigan University in Marquette, MI (starting August 22, 2012). He just completed an eight year period at Western State Colorado University in Gunnison, CO, where he was a tenured professor in Exercise & Sport Science. Prior to that, Scott

completed his doctorate in Exercise Physiology at Northern Colorado University in Greeley, CO, his Master's degree at Wake Forest University in Winston-Salem, NC, and Bachelor's degree at the University of Wisconsin – La Crosse in La Crosse, WI.

Scott became President of Rocky Mountain American College of Sports Medicine (RMACSM) in March 2012 after over ten years on the RMACSM Board. He's been a Student Representative, Western Slope Rep, and President-Elect. He's especially excited to remain President through next year (April 2013) and will dedicate his services to ensuring a quality 2013 RMACSM Conference, including the recruitment of more exercise and sport science professionals.

Please do not hesitate to contact Scott at sdrum@nmu.edu or 970-371-2620 with questions. Also, check www.RMACSM.org often for information.

Past President



Ray Browning, PhD is an assistant professor in the department of health and exercise science at Colorado State University. His research interests aim to develop effective interventions for the prevention and treatment of childhood and adult obesity.

He earned his PhD in Integrative Physiology at the University of Colorado in 2005 and his BS in Mechanical Engineering in 1983. In between his BS and PhD, he was a professional athlete, television host, software developer and product development consultant – proving there are several ways to enter the higher education academy.

Ray lives in Ft. Collins, CO with his wife, Shannon and children, Sophia and Thomas.

President-Elect



Mary K Dinger, PhD, CHES, FACSME is an Associate Professor of Community Health at the University of Northern Colorado and Colorado School of Public Health. She conducts physical activity research and teaches graduate courses in the

Master of Public Health program.

Regional Chapter Representative to ACSM



Timothy "Tim" K Behrens, PhD, CHES, FACSME is Associate Dean of the Beth-El College of Nursing & Health Sciences, and faculty in the Department of Health Sciences at the University of Colorado in Colorado Springs. He is a Fellow of the Physical Activity and Public Health postdoctoral course sponsored by the US Centers for Disease Control and Prevention and the University of South Carolina, and he is a Certified Health Education Specialist. Dr Behrens received his BS in Community Health from Sam Houston State University, MEd in Health Education from the University of Houston, and PhD in Health Promotion from the University of Oklahoma. Dr Behrens' research focuses on physical activity and public health, specifically in three areas: 1) measurement issues surrounding physical activity/inactivity assessment, 2) physical activity/inactivity surveillance of disadvantaged populations, and 3) planning, implementing, and evaluating community-based interventions to reduce sedentary behaviors. Dr Behrens has published and presented his work to regional, national, and international audiences.

Dr Behrens has been a continuous member of ACSM since 2002 and a member of the Rocky Mountain Chapter since moving to Colorado in 2008. He has served the chapter as Secretary/Treasurer and as National Representative. Previously Dr Behrens was also a member of the Texas, Central States, and Southwest ACSM regions. He has served ACSM as a member on the Strategic Health Initiative on Behavioral Strategies, as a reviewer for *Medicine & Science in Sports & Exercise*, and has been involved in the Exercise is Medicine, on Campus initiative.

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Current RMACSM Board Member Profiles

Front Range Representative



David S Hydock, PhD is an assistant professor in the School of Sport and Exercise Science at the University of Northern Colorado. Dr Hydock received his Bachelor's degree from Adams State College (Alamosa, CO), his Master's degree from Northern State University (Aberdeen, SD), and his PhD and postdoctoral training from University of Northern Colorado.

His research focuses primarily on investigating the mechanisms behind cancer treatment related cardiovascular and musculoskeletal side effects and how exercise interventions play a part in battling these negative side effects. Through these efforts, it is hoped that a deeper understanding of the role that exercise plays in managing cancer treatment-related side effects can be realized to minimize the debilitating fatigue and reduced quality of life experienced by many cancer patients.

Dr Hydock has been a member of the ACSM and has presented at the annual meetings since 2003. In addition to his research experience, Dr, Hydock has worked as a strength and conditioning professional where he worked with a variety of athletes ranging from youth to college level.

Metro Area Representative



Ben Thompson, PhD is an Assistant Professor at Metropolitan State University of Denver in the Department of Human Performance and Sport. He is starting his second year as the Metro Representative for the RMACSM. He has been a member of the American College of Sports Medicine for over 10 years and currently serves on the Committee on Certification and Registry

Boards for the Health Fitness Specialist certification and is a member of the Committee on the Accreditation for the Exercise Sciences.

Dr Thompson has an applied focus when it comes to exercise and teaching but also has research interests in high intensity interval training and endothelial function.

Front Range Representative



Danielle R Brittain, PhD, is an Assistant Professor in the School of Human Sciences, Community Health Program at the University of Northern Colorado and Colorado School of Public Health. Prior to joining the faculty at UNC, Dani was an Assistant Professor at the University of Oklahoma in the Department of

Health and Exercise Science. Dani received her PhD in Kinesiology from Kansas State University. Her primary line of research concerns: (a) the identification of perceived personal and situational barriers to physical activity among underserved populations of women and (b) the development of theoretically-driven interventions targeting social and behavior change processes that aid in the self-management and maintenance of physical activity.

Dani's proposed goals for RMACSM include enhancing the communication involvement of behavioral scientists in promoting physical activity among communities.

Southwestern Representative



Dr Tracey Robinson is a Professor in the Department of Human Performance and Physical Education. She is originally from Canada and earned a BS from the University of Guelph in Ontario. She received a MS from New Mexico State University and a PhD in Human Performance from Oregon State University.

Dr Robinson has been at Adams State University since 2001. Her expertise is in the areas of exercise science and human performance. Dr Robinson has conducted research in a variety of areas including: bone mineral density in female athletes; the Female Athlete Triad, nutrition and exercise performance; training methods to enhance performance and health benefits of regular exercise across the lifespan.

Dr Robinson was a distance runner for many years. She was on the University of Guelph cross country team that won a national Canadian championship, and later represented Canada in several international marathon competitions. Dr Robinson is an avid sports fan; her favorite teams include the ASU Grizzlies, the Buffalo Bills, and the Toronto Blue Jays and Canadian hockey teams; she also follows track & field, distance running, and figure skating.

Current RMACSM Board Member Profiles

Wyoming Representative



Joi Thomas is the Associate Head Athletic Trainer at the University of Wyoming. She is also a doctoral candidate in the Biomedical Sciences Program. During her tenure at the University of Wyoming she has worked with a variety of sports including track and field, football, and men's basketball. In her current role, she serves as the graduate assistant coordinator and the rehabilitation coordinator. She completed her undergraduate degree in Exercise Science and her masters' degree in Kinesiology and Health, both at the University of Wyoming. Her research interests include vitamin D and metabolic syndrome in collegiate football players.

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Student Representative



Nicole Strom from Rock Springs, WY, graduated from the University of Wyoming with a Bachelor's in Kinesiology and Health Promotion in May 2011, and is currently enrolled in the Master's program. Known for her caring nature and commitment to bettering the lives of others, Strom completed an internship at the Jackson Hole Therapeutic Riding Association, where she assisted individuals with disabilities in hippotherapy sessions. She also established the Young Athletes Program in Laramie, a branch of the Special Olympics meant to improve motor and social functioning in developmentally disabled children.

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Executive Director/Treasurer



Rose Steen is the first employed Executive Director/Treasurer of RMACSM. She has been in this role since October of 2010. In May of 2011, she retired from a 32 year career in healthcare working in various roles at two hospitals in northern Colorado.

Her most recent position was as Continuing Medical Education Coordinator at North Colorado Medical Center in Greeley. She enjoys working with the RMACSM Board because of the flexible schedule and being able to do the majority of the work from home. It has been a great opportunity to learn about the many different aspects of Sports Medicine. Rose has lived in Loveland since 1976 and loves Colorado!

Benefits and Responsibilities of Being a Member of the RMACSM Board

Responsibilities:

- Attendance during monthly teleconference meetings—currently held on 1st Thursday evening from 7:00 PM—8:00 PM. **Designated Thursday is subject to change based on availability of members.**
- Annual Meeting duties as assigned—contacting speakers, judging posters, set-up and tear-down, contacting venues, contacting vendors, serving on committees as needed.
 - Current identified committees include: Annual Meeting, Student Abstract Review, Newsletter/Publication, and Nominating/Elections
 - Committee work is mainly handled through electronic means because board members are scattered throughout Colorado and Wyoming. Some committee work is done at the annual meeting.

Benefits of Board Membership:

- Complementary attendance at RMACSM Annual Meeting
- Travel and lodging expenses for RMACSM Annual Meeting
- Opportunity to collaborate and network with peers throughout the Rocky Mountain region

Adams State University

Adams State College has been recently renamed Adams State University. The following academic programs are available at Adams State:

- BA in HPPE (Human Performance & Physical Education) - K-12 PE Teaching
- BA in HPPE - Sport Management
- BS in Exercise Science
- MA in Coaching (online)
- MA in Sport Management (online)
- MS in Exercise Science

Metro State College has been re-named Metro State University



**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	Day/Date
Arvada	9/11 Remembrance Half Marathon, 5K, 10K	Sat, 9/8
Parker	Fall Frenzy Triathlon, Duathlon	Sun, 9/9
Denver	Denver Half Marathon and 10 K	Sun, 9/9
Ft Collins	Jailbreak 4 Mile	Sat, 9/22
Denver	Rock N Roll Denver Bike Tour	Sat, 9/22
Poudre Canyon	Colorado Equinox Half Marathon and 5 Mile	Sun, 9/23
Jefferson Cty NAAC Stadium	Kooky-Spooky 5K, 10K	Sat, 10/27
Boyd Lake State Park in Loveland	Heart of the Rockies Half Marathon, 10K, 5K	Sat, 11/3

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

Summer 2012

by Rose Steen



Pictures of the High Park Fire from our house in west Loveland.



Above is a picture of the sun coming up over the Devil's Backbone through a smoky haze.



Below, finally we have the beautiful blue Colorado sky back—no more smoke plume. What a welcome sight!

