

# MIDWEST NEWS

THE OFFICIAL NEWSLETTER OF THE MWACSM



SPRING ISSUE  
APRIL, 2010

## MESSAGE FROM MWACSM PRESIDENT

Hello MWACSM Members,

This is my first letter to you as President of MWACSM and my first honor in this role is to congratulate the new MWACSM Board of Directors members. Dr. Brenda Reeves (Ashland University) was elected President-Elect, while Drs. Michael Kushnick (Ohio University), Thayne Munce (University of Illinois at Chicago), and Josh Ode (Saginaw Valley State University) were elected as Members-at-Large to the board. Additionally, Dr. Amy Morgan (Bowling Green State University) was appointed by the Board of Directors to serve as the Regional Chapter Representa-

tative to National ACSM.

I would also like to congratulate the recipients of several MWACSM awards. The MWACSM Research Award was awarded to Michael Knutson, who is a Masters Student from Ohio University. His research will be examining aspects of postprandial oxidative stress. I look forward to seeing Michael's presentation of his data at our annual meeting in October. The MWACSM Outstanding Graduate Student Award was awarded to Charlene Henry, who is a Masters Student from Bowling Green State University. In addition to her academic excellence, Charlene has gone above and beyond her



President  
Jeff Lemmer, Ph.D.,

obligations to the MWACSM chapter office, while also working in a research laboratory at BGSU. She has volunteered with the Leukemia & Lymphoma Society, the Special Olympics, and worked with an orphanage in Ecuador. The Outstanding Undergraduate

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## SPECIAL POINTS OF INTEREST:

- *President's Message*
- *Student Corner*
- *Announcements*
- *MWACSM Awards*
- *ACSM Annual Meeting Information*
- *State News*

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## STUDENT CORNER

Hello Students!

I'm so happy to begin working as your MWACSM Student Representative. There are lots of wonderful things going on with ACSM this year. The Annual Meeting in Baltimore is set to be an exciting time with

the *World Congress on Exercise is Medicine* happening concurrently. Being able to experience both meetings for the price of one is a great opportunity for students. There will be lots of time for meeting fellow student members in Baltimore in the Student Lounge

Area, at the Student Colloquium, and at the Student Bowl, where we need to support our MWACSM representatives from University of Illinois at Chicago! In addition, the very popular "Meet the Experts" session is back and gives

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## PRESIDENT’S MESSAGE (CONT.)

(Continued from page 1)

Award was given to Laura Vielbig, who is a senior at Michigan State University. Laura has been involved with a four-year longitudinal research study at MSU, and her work on this project has been described as “amazing.” As a result of her work, she has presented at two different meetings, and she won an award for one of those presentations. Congratulations to all these award winners. If you want to know more about MWACSM awards, please go to our web site at <http://www.mwacsm.org>.

Looking forward to the functioning of the chapter this year I think 2010 is going to be an exciting year for MWACSM, and I look forward to continuing the momentum of the Chapter that was created by my predecessors. In this regard, Dr. Karin Pfeiffer has set the groundwork for a Leadership and Mentoring program within our region. As part of

this program, we will be looking to match a professional Mentor with a student mentee with the goal of having the Mentor guide the mentee through our annual meeting in October. If you are interested in more information on how to become a mentor, or how to apply as a student to this program, contact the MWACSM office at [mwacsm@bgsu.edu](mailto:mwacsm@bgsu.edu).

A second exciting and important event for MWACSM this year will be the performance of our 5-year strategic planning session this summer. For me, this is a bit of a “what goes around comes around,” as my first year on the MWACSM board was the last time we did our strategic planning. To prepare for this important meeting, we sent a survey to our student members to assess their needs and visions for the MWACSM Chapter. Additionally, as we progress towards this meeting we will be gathering information from other members of the region on their thoughts

and vision for MWACSM. So, if you would like to let us know your thoughts on the direction that MWACSM will be taking over the next five years, or how the region can better serve you; please contact myself ([lemmerj@gvsu.edu](mailto:lemmerj@gvsu.edu)), the Executive Director of MWACSM Lynn Darby ([mwacsm@bgsu.edu](mailto:mwacsm@bgsu.edu)), or any Board Member (<http://www.mwacsm.org/directors.html>). If you would like to talk to us in person, you can give us your thoughts and ideas at the MWACSM social that we will be hosting during the ACSM National meeting in Baltimore.

I look forward to serving you as the President of MWACSM this year, and I look forward to seeing you in Baltimore and at the MWACSM annual meeting in October.

Jeff

Jeff Lemmer, Ph.D.  
President, MWACSM



“LOOKING FORWARD TO THE FUNCTIONING OF THE CHAPTER THIS YEAR I THINK 2010 IS GOING TO BE AN EXCITING YEAR FOR MWACSM”

JEFF LEMMER

ACSM Annual Meeting Baltimore, Maryland USA

World Congress on Exercise & Medicine Baltimore, Maryland USA

**Get the Edge in Scientific and Clinical Research**

JUNE 1-5, 2010  
BALTIMORE, MARYLAND

**REGISTER NOW!**

More information on the ACSM Annual Meeting can be found on Page 6 of this issue of *Midwest News* and on the ACSM website:

<http://www.acsm.org/annualmeeting>

## ANNOUNCEMENTS

### 2010 MWACSM MEETING

- The 2010 MWACSM Annual Meeting will be held in October at the Pheasant Run Resort in St. Charles, IL.
- Registration information and the meeting schedule will be available soon on the MWACSM website:

<http://www.mwacsm.org>

### 2010 ANNUAL ACSM MEETING

- MWACSM Chapter Social: Thursday, June 3 in Baltimore at the Baltimore Hilton (Meeting Headquarters)
- The following individuals will be recognized at the MWACSM Chapter Social:
  - Student Award Winners
  - New Fellows
  - MWACSM Committee Chairs

### 2009-2010 MWACSM ELECTION RESULTS

- Congratulations to the following individuals who were elected to the MWACSM Board of Directors:

<b>Dr. Brenda Reeves</b>	Ashland University	President-Elect
<b>Dr. Michael Kushnick</b>	Ohio University	Member-at-Large
<b>Dr. Thayne Munce</b>	University of Illinois at Chicago	Member-at-Large
<b>Dr. Josh Ode</b>	Saginaw Valley State University	Member-at-Large

## AWARDS

### 2010 MWACSM AWARD RECIPIENTS

<b>Laura Vielbig</b>	MWACSM Outstanding Undergraduate Student Award Michigan State University
<b>Charlene Henry</b>	MWACSM Outstanding Graduate Student Award Bowling Green State University
<b>Michael Knutson</b>	MWACSM Student Research Study Project Award Ohio University
<b>Dr. Helaine Alessio</b>	MWACSM Founder's Award Miami University



CONGRATULATIONS TO ALL OF THE MWACSM AWARDEES!

## STUDENT CORNER (CONT.)

students a wonderful chance to meet and mingle with those who were once in our shoes.

On a local note, the MWACSM Annual Meeting will be held in October. This conference gives students an opportunity to present their research in a supportive and collaborative environment. Start putting together those abstracts now so you'll be all set to go! This is also an exciting time in the Midwest Chapter as this is a strategic

planning year. This is the time where we set the Chapter goals for the next five years.

My goal as your Student Representative is to make sure the Chapter is meeting your needs. If that means more career information at the Annual Meeting in October or more information regarding graduate programs, then that's what I'll work toward. What I need from you is feedback as to what you are looking for from your

Chapter. A survey was sent out asking you for your feedback regarding the Chapter's Annual Meeting. Please take a moment to fill it out and let us know your thoughts. If you missed the survey or have additional ideas or comments, please feel free to send them to me at [hayeshe1@msu.edu](mailto:hayeshe1@msu.edu).

Heather Hayes

ACSM Student Representative for the Midwest Chapter

“MY GOAL AS YOUR STUDENT REPRESENTATIVE IS TO MAKE SURE THE CHAPTER IS MEETING YOUR NEEDS.”

HEATHER HAYES



## FUN AROUND THE MIDWEST: SPRING 2010 MARATHON SCHEDULE

### April 2010

- 4/11/10 Athens Marathon - Athens, OH
- 4/11/10 Ohio River Road Runners Club Marathon - Dayton, OH
- 4/11/10 Southern Indiana Classic - Evansville, IN
- 4/24/10 Waushara County Crime Stoppers Jailbreak Marathon - Wautoma, WI
- 4/24/10 Pine Line Trail Marathon - Medford, WI
- 4/25/10 Earth Day Challenge Marathon - Gambier, OH
- 4/25/10 Glass City Marathon - Toledo, OH
- 4/25/10 Running Fit Trail Marathon - Pinckney, MI

### May 2010

- 5/1/10 Illinois Marathon - Urbana-Champaign, IL
- 5/1/10 Wisconsin Marathon - Kenosha, WI
- 5/2/10 Cincinnati Flying Pig Marathon - Cincinnati, OH
- 5/2/10 Eau Claire Marathon - Eau Claire, WI

### May 2010 (cont.)

- 5/2/10 La Crosse Fitness Fest - La Crosse, WI
- 5/8/10 Journeys Marathon - Eagle River, WI
- 5/8/10 Lake Geneva Marathon - Lake Geneva, WI
- 5/??/10 Central States Marathon - Ames, IA
- 5/16/10 Rite Aid Cleveland Marathon - Cleveland, OH
- 5/16/10 Cellcom Green Bay Marathon - Green Bay, WI
- 5/16/10 Rockford Marathon - Rockford, IL
- 5/29/10 Traverse City State Bank Bayshore Marathon - Traverse City, MI
- 5/30/10 travelwisconsin.com Great Midwest Marathon - Elkhart Lake, WI
- 5/30/10 Mad City Marathon - Madison, WI

Source: <http://www.marathonguide.com>

## STATE NEWS FROM AROUND THE REGION



### Illinois

- AthletiCo was named the recipient of the 2009 Illinois Athletic Trainers Association Hospital/Clinic Award for commitment to the athletic training and sports medicine profession



### Indiana

- There were 3 students from IUPUI that were recipients of the recently announced Leadership and Diversity Training Program:  
All three are Undergraduate Level One Recipients: Amanda Gerwig, Ashley Jones, and Brandon Yates.  
Congratulations to IUPUI for having the highest number of recipients!
- Susan G. Komen Race for the Cure: Sat April 17, 2010 - Indianapolis, IN  
Proceeds provide funding for the early detection of breast cancer and mammograms for the underprivileged in the community
- The Mayor's (Mayor Greg Ballard) annual Bike Ride: May 2010  
The Mayor will announce his current plans to expand the newly constructed Bike Lanes throughout the city of Indianapolis



### Michigan

- 140 people from Michigan State University, Central Michigan University, Eastern Michigan University, Western Michigan University, Oakland University, Grand Valley State University, Saginaw Valley State University, Adrian College, and Alma College attended the Michigan ACSM conference February 4-5 in Gaylord.  
Current ACSM President Jim Pivarnik delivered the keynote presentation titled 'Exercise is Medicine on Campus'.  
There were 25 student research presentations (13 graduate and 12 undergraduate). Central Michigan won the annual student Jeopardy competition.





### Ohio

- The Department of Sport Science and Wellness Education at The University of Akron moved to InfoCision Stadium. The department now occupies 39,000 square feet including six labs and state of the art equipment such as a Hydroworx pool. The space additionally houses faculty offices, two technology enhanced classrooms and a distance-learning classroom.

Reminder: If you've got news from your school, business or state that you would like to share with others in MWACSM, contact your state representative (page 7) to get it in the next newsletter!

**JOIN YOUR MWACSM FRIENDS AT THE ACSM ANNUAL MEETING!**

**FEE SCHEDULE** ACSM tax I.D. #23-6390952  
\*PRE-REGISTRATION ENDS MAY 11, 2010.

EXISTING ACSM MEMBERS DUES MUST BE CURRENT AT TIME OF MEETING	BY 3/3/10	3/4/10 THROUGH 4/28/10	AFTER* 4/28/10
Professional, Fellow, or Professional-in-Training	\$205	\$240	\$310
Single Day Rate	\$150	\$150	\$150
ACSM Student Members	\$100	\$110	\$120
Single Day/Student Rate	\$45	\$45	\$45
ACSM Alliance Members	\$445	\$480	\$550

**JOIN ACSM NOW!**  
FEE INCLUDES ACSM MEMBERSHIP AND MEETING REGISTRATION FEES.

Professional	\$425	\$460	\$530
Student	\$180	\$190	\$200
Professional-in-Training	\$360	\$395	\$465

NON-ACSM MEMBER			
Non-member Professional	\$445	\$480	\$550
Single Day Rate	\$185	\$185	\$185
Non-member Student STUDENT ID REQUIRED	\$120	\$135	\$150
Single Day Rate/Student Rate	\$75	\$75	\$75

**REGISTER EARLY AND SAVE!**

Register Online at: <http://www.acsm.org/annualmeeting>

**FEATURED EVENTS AND SESSIONS**

Wednesday, June 2

8-9:15 am J.B. Wolffe Memorial Lecture  
5:30-7 pm Student Colloquium  
8:30-10:30pm Welcome Party

Friday, June 4

6:30 am Gisolfi Fun Run  
10:30-11:45 am D.B. Dill Historical Lecture  
11:45am-12:45 pm Student Meet the Expert Session  
7-10 pm Reception and Awards Banquet

Thursday, June 3

10:30-11:20 am President's Lectures  
11:30am-12:30pm ACSM Business Meeting  
8-9:30 pm Regional Chapter Social

Saturday, June 5

11:15am-12:15pm President's Lectures and Closing Remarks



## CONTACT MWACSM

Midwest ACSM  
Attn: Lynn A. Darby, Ph.D.  
115 Eppler South, KNS/HMSLS  
Bowling Green State University

Phone: 419.372.2129

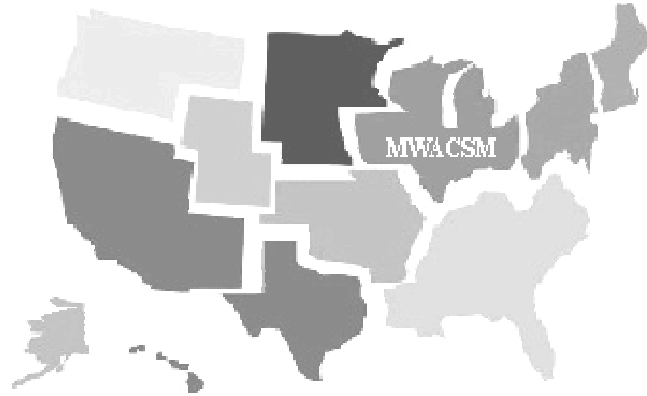
E-mail: [mwacsm@bgsu.edu](mailto:mwacsm@bgsu.edu)

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**LOOK ONLINE AT  
[WWW.MWACSM.ORG](http://WWW.MWACSM.ORG)**

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AMERICAN COLLEGE OF SPORTS MEDICINE  
MIDWEST CHAPTER



## History and Purpose of MWACSM

The Midwest Regional Chapter of the American College of Sports Medicine (MWACSM) is a chapter rich in tradition, expertise and enthusiasm. Through the years, MWACSM has offered its members outstanding educational programs and services. In 1972 the MWACSM was the first regional chapter to be granted permanent status. It was founded to follow, fulfill and promote, at the regional level, the objectives of the American College of Sports Medicine.



## *MIDWEST NEWS STATE REPRESENTATIVES*

PLEASE CONTACT YOUR STATE REPRESENTATIVE WITH UPDATES AND NEWSWORTHY ITEMS FROM AROUND YOUR STATE SO THAT WE CAN KEEP MWACSM MEMBERS INFORMED OF WHAT IS GOING ON WITHIN OUR REGION.

**ILLINOIS:** Thayne Munce ([tmunce@uic.edu](mailto:tmunce@uic.edu))

**INDIANA:** Adora Merriwether ([amerriwe@iupui.edu](mailto:amerriwe@iupui.edu))

**IOWA:** Bob Oppliger ([boboppliger@msn.com](mailto:boboppliger@msn.com))

**MICHIGAN:** Chris Herman ([cherman2@emich.edu](mailto:cherman2@emich.edu))

**OHIO:** Judi Juvancic-Heltzel ([jaj52@uakron.edu](mailto:jaj52@uakron.edu)) or Katie Pierce ([pierceke@muc.edu](mailto:pierceke@muc.edu))

**WISCONSIN:** This position has not been filled. If you would like to volunteer, please contact Thayne Munce at [tmunce@uic.edu](mailto:tmunce@uic.edu) or 312-996-4370