

# MIDWEST NEWS

THE OFFICIAL NEWSLETTER OF THE MWACSM

SPRING ISSUE  
MARCH 13, 2009



## MESSAGE FROM INCOMING MWACSM PRESIDENT

Hello MWACSM,

My tenure as (Current) President officially began on January 1, 2009. During my time as President-Elect, I saw solid growth of our Chapter's activities, and I personally witnessed the dedication and diligence that many of our members displayed. I would like to recognize Amy Morgan, Lynn Darby, the students who work in our Chapter Office (Megan Diehl and Jessica Mospan), and everyone from Bowling Green State University who helped make our 2008 MWACSM Annual Meeting a great success. I would also like to recognize Craig Broeder, now our Past-President, for his vision for our Chapter

and his commitment to increasing our use of technology over the past year.

Additionally, many thanks go to Dawn Coe, Roop Jayaraman, Michael Kushnick, Amy Morgan, and Bob Oppliger for all of their efforts on the MWACSM Board of Directors. Their terms on the board have ended, but I am certain their support of MWACSM remains strong. We welcome our new board members: Jeffrey Lemmer, President-Elect from Grand Valley State University, Amanda Salacinski, Secretary/ Treasurer from Northern Illinois University, Brenda Reeves, Member-at-Large from Ashland University, and



**President  
Karin Pfeiffer, Ph.D.,  
FACS**

Tyrone Washington, Member-at-Large from the University of Evansville.

Thanks go out to the other individuals who ran for positions; we are grateful that so many people were interested in helping lead MWACSM.

*(Continued on page 2)*

## SPECIAL POINTS OF INTEREST:

- *Messages from Current and Past MWACSM Presidents*
- *Announcements*
- *Student Corner*
- *MWACSM Meeting Highlights*
- *ACSM Annual Meeting Information*
- *Craig Broeder's Foundation and Fundraiser*

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## FEATURED UPDATE: MICHIGAN ACSM MEETING

In February each year, the Michigan schools hold their own mini-ACSM meeting at a ski resort up north. The 2009 meeting took place at Treetops Resort in Gaylord, MI, on February 5-6. The meeting is highly student-oriented, and several students from various colleges

and universities presented their research: five students from Eastern Michigan University, three from Alma College, three from Adrian College, two from Spring Arbor College, one from Saginaw Valley State University, and eight from Michigan State University.

The sessions also featured talks from Tom Spring, President-Elect of the Michigan Society for Cardiovascular and Pulmonary Rehabilitation, Dr. Jim Pivarnik, President-Elect of the national ACSM, Dr. Earl Perrigo, G. Curt

*(Continued on page 2)*

## PRESIDENT'S MESSAGE (CONT.)

(Continued from page 1)

In this *Midwest News* you will find information related to the previous and upcoming MWACSM Annual Meetings, announcements, some news about various states in our Chapter, and a student message. I would like to note that the student message is not just for students; in this section you will find information related to all of our student award winners, both from the meeting and the posted yearly Chapter awards. Congratulations to all of you! We are proud of your accomplishments and cannot wait to see more! I would like to note that there were NO applicants for the Outstanding Graduate/Professional Student Award, yet I know we have many of you who are deserving of this award. Please do not forget to apply in November 2009!

Your Board of Directors has been actively working for you this year. We have been busy planning the 2009 MWACSM Annual Meeting, and at the end of March we will have a Board Meeting at the site of the conference


(Pheasant Run Resort in St. Charles, IL). We previously held the MWACSM meeting at this site (in 1996, my first ever MWACSM meeting!), and we believe it is a great, central location for members across the Chapter. We are investigating the possibility of holding the meeting there for a second year. You will note a slight change in format; this meeting will last two days instead of three days. Many of the other Regional Chapters hold two-day meetings, and reducing the number of days will diminish the costs associated with holding the meeting at a resort/conference center location instead of a university setting. Please save the dates of October 16-17, 2009. We are about to begin accepting Symposium/Tutorial submissions, and the deadline will be May 1, 2009.

In each *Midwest News*, we would like to highlight news from each state in our region. In order to do this, we need volunteers. Please let us know if you would like to represent your state with items for the *Midwest News*. Your task will be to contact others from institutions and

organizations around your state and give a brief report. The news can highlight one institution or represent news from any part of your state that would be of interest to members of MWACSM.

Finally, I would love it if you would share your thoughts, suggestions, and/or comments regarding MWACSM with me. The Board of Directors is here to serve the Chapter, and we welcome your ideas. We are all looking forward to the 2009 ACSM Annual Meeting in Seattle, where we will once again hold our MWACSM Chapter Social and reception. We hope to see you there, and we will soon provide you with many details regarding our 2009 MWACSM Annual Meeting. Also, we will see the passing of the gavel to a new National ACSM President, Jim Pivarnik, from our very own Midwest Regional Chapter.

Sincerely,



Karin A. Pfeiffer, Ph.D.,  
FACSM  
President, MWACSM



“IN EACH  
*MIDWEST NEWS*,  
WE WOULD LIKE  
TO HIGHLIGHT  
NEWS FROM  
EACH STATE IN  
OUR REGION. IN  
ORDER TO DO  
THIS, WE NEED  
VOLUNTEERS”

KARIN PFEIFFER

## MICHIGAN ACSM MEETING (CONT.)

(Continued from page 1)

Meyer, and a student forum presented by Gina Ventimiglia, John Vickers, and Darrick Graham. The team from Central Michigan Uni-

versity took home the Jeopardy crown. Roop Jayaraman, Jeff Lemmer, and Shel Levine were responsible for planning the excellent meeting.



## ANNOUNCEMENTS

### 2009 MWACSM MEETING

- Don't miss the deadline for submitting Symposia/Tutorials for the 2009 MWACSM meeting: May 1, 2009! See <http://www.mwacsm.org> for details regarding submission procedures.
- PLAN AHEAD: Abstracts for the 2009 MWACSM meeting will be due on Monday, AUGUST 10, 2009 to [mwacsm@bgsu.edu](mailto:mwacsm@bgsu.edu)!!!! Submission guidelines will be posted in May 2009.
- IMPORTANT new ruling from National ACSM: In the past, only students were allowed to present the same abstract at both a Regional Chapter Meeting and the National Meeting. This rule has now been extended to apply to Faculty as well.

### 2009 ANNUAL ACSM MEETING

- MWACSM Chapter Social: Thursday, May 28 in Seattle at the Sheraton Seattle (Annual Meeting Headquarters)
- Student award winners will be recognized at the 2009 National ACSM meeting and at the MWACSM Chapter Social

## AWARDS

### AWARDS FROM THE 2008 MWACSM ANNUAL MEETING

<b>Rodney Pius</b>	Undergraduate Poster Presentation \$150 Wayne State University
<b>Jennifer Flynn</b>	Undergraduate Oral Presentation \$150 Saginaw Valley State University
<b>Leryn Boyle</b>	Masters Oral Presentation Award \$150 Ball State University
<b>Mike Knutson</b>	Masters Poster Presentation Award \$150 Ohio University
<b>Lanay Mudd</b>	Doctoral Oral Presentation Award \$150 Michigan State University

### AWARDS FOR 2008 FROM MWACSM

<b>Ashley Sykes</b>	MWACSM Outstanding Undergraduate Student Award \$200 Central Michigan University
<b>Matthew Wittbrodt</b>	MWACSM Student Research Study Project Award \$500 Grand Valley State University
<b>Elaine Betts, Ph.D., FACS</b>	MWACSM Founder's Award Central Michigan University



CONGRATULATIONS TO ALL OF THE MWACSM AWARDEES!

## STUDENT CORNER

Greetings Students! To start off, I'd like to congratulate all the students who came and presented your research last fall at the 2008 MWACSM Annual Meeting! Everyone did a great job and it was fun to see so many undergraduate and graduate researchers getting a chance to talk about their work. I'd like to especially recognize the winners of the Student Presentation Awards: Jennifer Flynn from Saginaw Valley State University (Undergraduate), Leryn Boyle from Ball State University (Masters), and Lanay Mudd from Michigan State University (Doctoral) for the Oral Presentations; and Rodney Pius from Wayne State University (Undergraduate) and Mike Knutson from Ohio University (Masters)!

We also had great turn-outs for the Student Colloquium and "How to Fund Your Research" sessions. Speaking of funding opportunities, I'd like

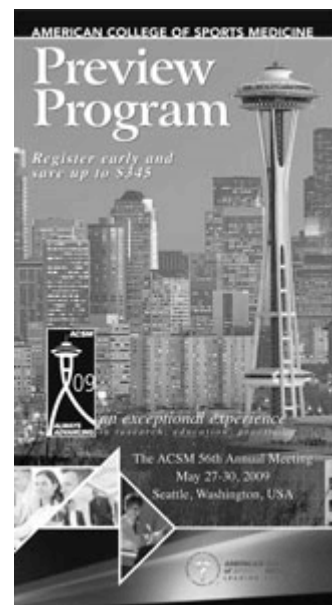
to congratulate Matthew Wittbrodt from Grand Valley State University for winning this year's MWACSM Student Research Project (\$500) and Ashley Sykes from Central Michigan University who won the Outstanding Undergraduate Student Award (\$200)! We look forward to hearing about your research at next year's MWACSM meeting.

In the meantime I encourage you to plan on coming to the 2009 National ACSM meeting in Seattle. The Student Advisory Committee has been working hard to improve the student experience at the annual meeting. This year the Student Colloquium will feature Drs. Steve Blair, Dawn Coe, and Bob Murray speaking about "Career Paths in Exercise Science". There will also be a "Meet the Experts" session. And, new this year, there will be a designated "Student Area" onsite. The student area will feature

student-specific resources and will provide mini-sessions on "How to Navigate a Poster Session", "How to Ask Questions at an Oral Presentation Session", etc. The Second Annual "ACSMoparty" Quiz Bowl will also take place. We hope that our winners from Eastern Michigan University will be able to represent MWACSM and defend our national title! I know getting to Seattle is hard on the budget, but this is going to be a fantastic meeting that you won't want to miss! Look for a special "Navigating the Meeting" Student Newsletter later this spring.

Lanay Mudd

Student Representative,  
MWACSM  
[muddlana@msu.edu](mailto:muddlana@msu.edu)



"I ENCOURAGE  
YOU TO PLAN  
ON COMING TO  
THE 2009  
NATIONAL  
ACSM MEETING  
IN SEATTLE."

LANAY MUDD

## PAST PRESIDENT'S MESSAGE

It is hard to believe that my tenure as President has come to pass so quickly. However, with Karin as our current MWACSM President and Jeff Lemmer waiting in the wings, along with our current board members, our organization is in very good hands.

Over the last couple of

months, I have been working hard at getting our annual meeting ready. As you will see in this month's newsletter we have a very exciting agenda scheduled for October 16th and 17th, 2009 at Pheasant Run Resort in St. Charles, IL. The resort is just 50-60 miles west of downtown Chicago:

[www.pheasantrun.com](http://www.pheasantrun.com)

For this year's meeting we have developed a new format to help minimize the cost of moving from University campus meeting sites to a conference location. Instead of our meeting being a Thursday, Friday, and Saturday conference, it will now be a Friday and Saturday agenda. (See Preview on Page 5)

(Continued on page 5)



Past President  
Craig Broeder, Ph.D.,  
FACSM

## PAST PRESIDENT'S MESSAGE (CONT.)

*(Continued from page 4)*

We are also partnering with Tom Springs, President Elect of the Michigan Society of Cardiovascular and Pulmonary Rehabilitation State Chapter. He and I have worked directly with the other state AACVPR Presidents in our region to develop an exciting meeting partnership. The state AACVPR chapters will be holding a mini-conference on Saturday entitled "Comprehensive Approaches & Trends in Lifestyle Medicine." (See Preview on Page 6). We are working out the final details of how both our members will share the benefits of both meetings. It is clear though, you will have a ton of great meeting

sessions to attend plus a first class facility!

If you have not heard yet, my wife and I are funding a new research foundation for ACSM entitled "The Kay and Craig Broeder Preventive Health Female Cancer Foundation" to celebrate my wife's 20th anniversary of surviving ovarian cancer this coming March 15th, 2009. In conjunction with ACSM and the Exercise is Medicine Campaign, I will be riding my bicycle 9,000 miles in 100 days around the perimeter states of the U.S. (May 15th to August 25th, 2009). My goal is to create more awareness for ovarian cancer survivors during the ride through T.V. shows and radio inter-

views to get 1 million people to donate 1 dollar each to help provide financial support for our new foundation. The purpose of our foundation will be to support student and junior faculty preventive exercise and nutrition research related to female cancers, especially ovarian. In conjunction with this project, we are also developing a book and documentary entitled "The Intimate Secrets of Surviving Ovarian Cancer" which portray the various views of ovarian cancer from the perspective of the patient, family, and support groups (physicians, friends, organizations). We will also have sections about the current research and treatment options to assist patients survive ovar-

ian cancer as my wife has done for 20 years. You can read about our story, follow my ride progress along the way, and find the links to donate at our web site [www.bicyclingforovariancancer.org](http://www.bicyclingforovariancancer.org). My wife and I would be honored to have your support. [See Page 6 for more information]

Finally, I would like to personally thank everyone for all of support this past year as MWACSM's 2008 President. I look forward to assisting our chapter in the future as we continue to be one of the best regional chapters ACSM has to offer its members.

Craig Broeder, Ph.D.,  
FACSM  
Past President, MWACSM

## 2009 MWACSM ANNUAL MEETING HIGHLIGHTS

### Friday, October 16th

**11:00 am to 8 pm — Registration**

**1:30 to 2:45 pm — Tutorial-Symposium Sessions (TBA)**

**3:00 to 6:00 pm — Poster and Oral Presentation Sessions**

**3:00 to 4:15 pm — ACSM Sponsored Clinical Exercise Physiology Association Student Talk**

**6:15 to 7:45 pm — Jeopardy**

**8:00 to 9:30 pm — Opening Key Note Address**

Dr. Randy Wilber USOC - "Preparation of the Olympic Athlete" followed by a Bourbon Street Social with snacks, cash bar, and music. (A joint MWACSM and AACVPR Event)

### Saturday, October 17th

**6:15 to 7:15 am — 5k fun run along the Golf Course**

**9:30 to 10:30 am — Invited Symposium**

Dr. Marni Boppart (University of Illinois, Champaign, IL) - How Stem Cell Recruitment Helps Regenerate Injured Tissues in Response to Exercise?

**11:00 to 12:00 pm — Graduate Student Program and Employee Fair** (A joint MWACSM and AACVPR Event)


**12:00 to 2:00 pm — Keynote Address**

Dr. Steve Blair (University of South Carolina) - Topic to be announced (A joint MWACSM and AACVPR Event)

Helping Others Cope and Survive Ovarian Cancer  
One Dollar at A Time

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MAY 15<sup>TH</sup> TO AUGUST 25<sup>TH</sup>, 2009






The Kay and Craig Broeder Preventive  
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Our Goal – Get 1 Million People To Donate A Dollar Each  
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FOR INFORMATION  
630-303-3686 OR [JAZZERCB@MAC.COM](mailto:JAZZERCB@MAC.COM)

[bicyclingforovariancancer.org](http://bicyclingforovariancancer.org)

“MY GOAL IS TO  
CREATE MORE  
AWARENESS FOR  
OVARIAN CANCER  
SURVIVORS DURING  
THE RIDE THROUGH  
T.V. SHOWS AND  
RADIO INTERVIEWS  
TO GET 1 MILLION  
PEOPLE TO DONATE  
1 DOLLAR EACH TO  
HELP PROVIDE  
FINANCIAL SUPPORT  
FOR OUR NEW  
FOUNDATION. ”

CRAIG BROEDER

**2009 REGIONAL AACVPR EVENT HIGHLIGHTS:  
COMPREHENSIVE APPROACHES & TRENDS IN  
LIFESTYLE MEDICINE (ST. CHARLES, IL)**

**Saturday, October 17th**

**8:45 to 9:45 am — What is Lifestyle Medicine?**  
Jim Rippe, MD (Editor-in-Chief, Am. J. Lifestyle Medicine)

**9:45 to 10:45 am — Do You WOW Your Customers?**  
Curt Meyer, FAACVPR

**11:00 to 11:45 am — Cardiac Rehab on \$10/day.**  
Adam DeJong, FAACVPR

**12:00 to 2:00 pm — Keynote Address**  
Dr. Steve Blair (University of South Carolina)  
Topic to be announced (A joint MWACSM and AACVPR Event)

**2:15 to 3:15 pm — Ask The Experts**  
Dr. Steve Blair, Curt Meyer, and Dr. Barry Franklin.

**3:15 to 4:15 pm — Keynote Address - Current Trends in Cardiology  
and What’s To Come - Dr. Barry Franklin**



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HEALTH & FITNESS  
SUMMIT**

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**ACSM ANNUAL MEETING**  
MAY 27-30  
SEATTLE  
WASHINGTON, USA  
2009

**FEE SCHEDULE** Circle appropriate fee. ACSM tax I.D. #23-6390952  
\*PRE-REGISTRATION ENDS APRIL 29, 2009.

	BY 2/28/09	3/1/09 THROUGH 4/17/09	AFTER* 4/17/09
<b>EXISTING ACSM MEMBERS</b> DUES MUST BE CURRENT AT TIME OF MEETING			
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

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**NON-ACSM MEMBER**

Non-member Professional	\$445	\$480	\$550
Single Day Rate	\$185	\$185	\$185
Non-member Student <small>STUDENT ID REQUIRED</small>	\$120	\$135	\$150
Single Day Rate	\$75	\$75	\$75

**REGISTER ON-LINE AT [WWW.ACSM.ORG](http://WWW.ACSM.ORG)**

**FEATURED EVENTS AND SESSIONS**

Wednesday, May 27

8-9:15 am J.B. Wolffe Memorial Lecture  
5:30-7 pm Student Colloquium  
9 - 11 pm Welcome Party

Friday, May 29

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

Thursday, May 28

10:30-11:20 am President's Lectures  
7-8 pm Student Bowl  
8-9:30 pm Regional Chapter Social

Saturday, May 30

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

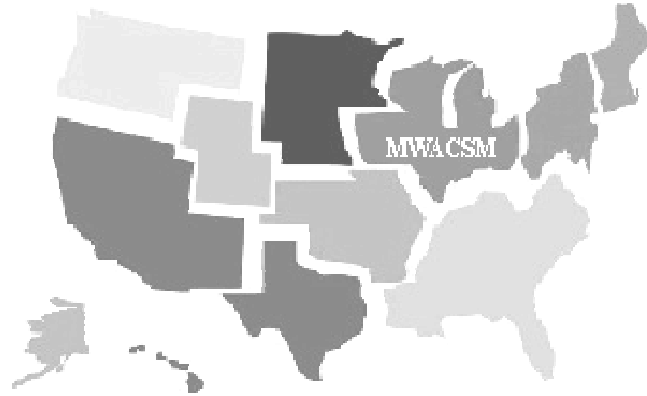
Phone: 419.372.2129  
E-mail: [mwacsm@bgsu.edu](mailto:mwacsm@bgsu.edu)

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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.

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## FUN AROUND THE MIDWEST: SPRING 2009 MARATHON SCHEDULE

### April 2009

- 4/4/09 Re/Max, Children's Miracle Network Trailbreaker Marathon - Waukesha WI
- 4/5/09 Running Fit Martian Marathon - Novi MI
- 4/5/09 Ohio River Road Runners Club Marathon - Dayton OH
- 4/11/09 Christie Clinic Illinois Marathon - Champaign/Urbana IL
- 4/19/09 Earth Day Challenge Marathon - Gambier OH
- 4/25/09 Pine Line Trail Marathon - Medford WI
- 4/26/09 RRCA Ohio Marathon Championship Glass City Marathon - Toledo OH
- 4/26/09 Running Fit Trail Marathon - Pinckney MI

### May 2009

- 5/2/09 Wisconsin Marathon - Kenosha WI
- 5/3/09 Cincinnati Flying Pig Marathon - Cincinnati OH
- 5/9/09 Journeys Marathon - Eagle River WI

### May 2009 (cont.)

- 5/9/09 Lake Geneva Marathon - Lake Geneva WI
- 5/10/09 Central States Marathon - Ames IA
- 5/17/09 Rite Aid Cleveland Marathon - Cleveland OH
- 5/17/09 Cellcom Green Bay Marathon - Green Bay WI
- 5/17/09 Rockford Marathon - Rockford IL
- 5/23/09 Traverse City State Bank Bayshore Marathon - Traverse City MI
- 5/24/09 Mad City Marathon (Madison) - Madison WI

### June 2009

- 6/6/09 Sunburst Marathon - South Bend IN
- 6/13/09 Marathon-to-Marathon - Marathon IA
- 6/27/09 Run Charlevoix Marathon - Charlevoix MI

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