

## MARC ACSM Newsletter



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
**Mid-Atlantic Chapter**



**[2023 Annual Meeting November 3-4, 2023](#)**

[Lancaster County Convention Center, Lancaster, PA](#)

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### **A Note from the MARC ASCM President, Dr. Emily Sauers**

Greetings MARC-ACSM attendees,

The 2023 MARC-ACSM annual conference will be held Friday November 3rd and Saturday November 4<sup>th</sup> at the Lancaster County Convention Center (LCCC) in Lancaster PA. This year marks the first of many years to come in

attendee suggestions and redesign our program to reflect the evolution of our chapter.



If you arrive in Lancaster on Thursday, those who have pre-registered can stop by Federal (2<sup>nd</sup> floor of LCCC) to pick up your badge (7-9PM). This is also a great time to register for the social and buy a MARC-ACSM t-shirt. Registration will also be open Friday from 7am to 5pm and Saturday from 7am to 9am.

Friday morning will feature a variety of topics with invited speakers from around the region. We will have a cancer-focused symposium with Dr. Maxime Caru and Dr. Richard Dunne. James Merritt, from the Gatorade Sports Science Institute will speak on rest and recovery. Dr. Larry Kenny will have a session focused on environmental physiology. Our newly formed Exercise is Medicine Committee will host a faculty-focused workshop on integrating EIM onto our regional campuses.

Everyone will come together at 11am on Friday for our Keynote Address. I'm delighted that Dr. Michael Ormsbee from Florida State University will deliver the Keynote address titled "Night fuel: Unpacking the Sleepy Secrets of Pre-Sleep Feeding" Following the Keynote, please enjoy a complimentary box lunch to fuel up for our poster presentations.

This year, we have changed our poster presentation format to free communications. The poster presentation time is unopposed, so all attendees can walk through our poster session. Poster set-up begins Friday from 8am to 10am. Presenters will be available from 1pm to 2:30pm. Members of the Research Committee will be on hand to evaluate all posters with poster awards announced on Saturday.

Friday afternoon will feature Dr. Chris Martens and Dr. Curtis Johnson as they discuss their work at the Delaware Center for Cognitive Aging Research. Students will enjoy a workshop on entrepreneurship with brothers Chris and Eric Martinez of Dynamic Fit Pros. Faculty members looking for information on CAAHEP Accreditation will enjoy a workshop led by Gina Cortese, Executive Director of CoAES. Friday afternoon will also include presentations by Research Award finalists, Early Investigator Awards presentations, Meet the Experts (for students) and a professional member symposium. We will close

For those that are interested, we will have a social Friday evening at Lancaster Silverball (inside the Lancaster Barnstormers baseball stadium) which is within walking distance (or a short Uber) from the LCCC. All attendees are welcome! The social is free of charge but a ticket is needed for entry; you can get your ticket outside of registration on Thursday and Friday. Attendees can enjoy complimentary appetizers and arcade games; a cash bar will be available.

Saturday morning kicks off with the return of Special Interest Groups (SIGS). This year, we have SIGs for Nutrition, Cancer, Biomechanics, and Clinical Exercise Physiology. Following SIG meetings, we have a busy morning of talks. Dr. Ana Ebrahimi, President of International Women in Biomechanics Inc. will discuss the promotion of women in biomechanics. Dr. Tony Ricci will discuss cutting weight in mixed martial arts (MMA). Dr. Troy Roepke, Associate Dean of Diversity, Equity, and Inclusion at Rutgers will present on mentoring and inclusion. Students will enjoy an informative workshop on applying to graduate school, led by former MARC President Dr. Kevin Heffernan.

At 10:30 Saturday morning, we will all come together for the Past-President's Lecture, delivered by Dr. Scott Keiffer. Dr. Keiffer's talk is titled "Caffeine and Performance: Unraveling "a Few" of the Genetic and Inter-individual Influences." Following, we will close 2023 MARC-ACSM meeting with our awards ceremony where we will present awards for research, poster presentations, outstanding undergraduates, and the College Bowl Winners. We will also present the annual H. Scott Keiffer Service award. I'm honored to announce that this year's recipient is Dr. Melissa Reed from West Chester University. We have more awards than ever before and are looking forward to recognizing and honoring the stars of the MARC region.

Prior to the conference, please visit the [MARC-ACSM website](#) for information on hotel reservations, conference registration, presenter guidelines, expo registration, and our agenda (will be posted soon).

Thank you for joining us at MARC-ACSM this year. We are thrilled to host you in our new home in Lancaster.

Emily J. Sauers, PhD, FACSM

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## MARC-ACSM Membership

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