



2025 Annual Meeting November 7-8, 2025

Sheraton Convention Center. Harrisburg, PA

In this Newsletter:

- Poster Sessions Judges Needed
- Host Hotel Full - See below for alternatives
- Register Now for MARC 2025: Nov. 7-8 in Harrisburg, PA - Group rate ends **TODAY Oct 17th**
- **Extended Deadline** for Student Bowl Registration - **Nov 3rd**

- Sneak Peek at MARC 2025 - ***"This Scientific Life: From Pipettes to People"***
- Call for Special Interest Group (SIG) meetings at the Conference
- EXPO and Sponsorship Opportunities
- Business Meeting at MARC 2025
- Fitness in Recovery Seminar Series Information and Registration
- Research Island? Showcase your research!

Poster Session Judges Needed

The Research Committee is recruiting professional members to judge the poster sessions on Friday, November 7th. Please fill out the form linked to below asap if you are interested in volunteering.

<https://forms.gle/JxmUt1jWsDUktGHg9>

Host Hotel is FULL, but we have you covered!

Still need hotel accommodations for the MARC-ACSM Conference? Below are several other nearby options that we recommend:

[Courtyard by Marriott Harrisburg Hershey](#)

[Red Lion Hotel Harrisburg Hershey](#)

SAVE and Pre-Register NOW!

See pricing below. [Click here to register \(may be asked to sign in or create ACSM account\)](#).

Pre-Registration Costs - Available until 11/2/25

Student Members: \$75

Student Nonmembers*: \$90

Professional Members: \$135

Professional Nonmembers*: \$170

Onsite Registration Costs

Student Members: \$85

Student Nonmembers*: \$100

Professional Members: \$175

Professional Nonmembers*: \$210

*Includes one-year membership to MARC-ACSM

Registering a Group of Faculty and/or Students (6 or more attendees) - Due by October 17, 2025

If you need to register a group with a single form of payment, please contact meeting@acsm.org. All group registration information and payment info must be received by **October 17, 2025** to be processed. Groups will pay the current registration fee at the time group information is submitted.

Exended Deadline for Student Bowl Registration

Can your school beat our defending champions from Slippery Rock University?



Sign up your team for the MARC 2024 College Bowl. **Email Student Rep, Kaitlyn Snyder (kms691@scarletmail.rutgers.edu)** to register your team by **November 3rd**. Please send the name of your college, the name of the team's Faculty Representative, and the names of three undergraduate players (plus the names of up to two alternate players). All participants must be current members of MARC to compete. **Space is limited so register today!**

🙌 MARC ACSM 2025 *"This Scientific Life: From Pipettes to People"*

This year's theme will be brought to life by our **Keynote Speaker, Dr. Lacy Alexander**, in a three-act talk that blends science and storytelling. We are also

thrilled to feature the **Past President Lecture by Dr. Eric Rawson**.

Program Highlights:

- **Skeletal Muscle & Performance:** *Muscle Optimization 101: From Cells to Humans* (Drs. Stuart Phillips, Brian Glancy & Sarah Glancy)
- **Clinical Applications:** *Empowering the Cancer Exercise Trainer, Prehabilitation in Oncology, and Stress and Cardiovascular Health*
- **Emerging Frontiers:** *From Sci-Fi to Reality: Metabolic Manipulation & Spaceflight, Sleep Health & Athletic Performance, Female Athlete Triad Updates*
- **Applied Science & Careers:** *Culinary Nutrition in Sports Medicine, Insider Tips for Getting into Graduate Allied Health Programs, Physical Activity Advocacy*

And don't miss networking favorites like the **College Bowl, Posters, Social & Meet the Mentors**.

Membership is required to register, and early registration closes tonight! Secure your spot now to take advantage of discounted rates and be part of one of the most dynamic regional meetings in exercise science.

SIG Meetings at MARC-ACSM 2025 Conference

We're excited to announce that Special Interest Group (SIG) meetings will once again be part of the upcoming MARC-ACSM Annual Conference! These gatherings are a great way to connect with colleagues who share your professional passions, exchange ideas, and spark future collaborations in an informal setting.

If you are interested in **leading a brief SIG meeting**, please reach out to **Sushant Ranadive** (ranadive@umd.edu) so we can reserve a time and space for your group.

Don't miss this chance to strengthen your network and engage in meaningful conversations within your specialty area!

EXPO and Sponsorship Opportunities

Sponsorship opportunities for the 2025 MARC-ACSM Graduate Fair and Expo are now available. As a nonprofit, we rely on your support for this annual event! We have updated the sponsorship levels and offerings. Click the [link](#) for more details on sponsorship options. Available sponsorships can be found [here](#).

For questions about sponsorships, please contact Tim Werner at tjwerner@salisbury.edu.

Thank you, and we look forward to seeing you in November!

2025 MARC-ACSM Business Meeting

At this year's MARC-ACSM Conference we will hold a business meeting to review important reports and updates regarding the MARC-ACSM. All MARC-ACSM Members are welcome and encouraged to attend. Please details below:

Date: Saturday, November 9th

Time: 7:30am

Location: Elm/Fir; Sheraton Harrisburg Hershey Hotel

Fitness and Recovery Seminar Series Information and Registration

Join us for a powerful **5-part educational series** exploring the intersection of neuroscience, public health, and physical movement in addiction recovery — presented by **Fitness in Recovery** in collaboration with **West Chester University**.

Hosted in alignment with **World Mental Health Day**, this live webinar series is designed for healthcare professionals, exercise scientists, educators, and community leaders seeking evidence-based, actionable strategies for integrating exercise into recovery pathways.

All proceeds support FIR programming and mental health awareness efforts.

Why Attend?

- Learn how exercise transforms addiction recovery

- Understand the neurobiology of pleasure, healing, and mental health
- Explore FIR protocols for clinical and community use
- Align with World Mental Health Day by advancing recovery-focused mental health strategies
- Help shape future offerings through our post-webinar survey

Format: 100% Virtual (Zoom)

Cost: \$25/session or \$100 for the full series

Student Discount: Use code **STUDENT25** for 25% off (an active student ID will be required)

For more details and to register see the following websites:

Eventbrite link: <https://www.eventbrite.com/e/1606927155379?aff=oddttdtcreator>

Even Home page with webinar

registration: <https://fitnessinrecovery.org/webinar>

Feel like you are on a research island? Want to showcase your research?



The view may be nice, but it's a lonely place to be. Plus, our region possesses a wealth of knowledge and potential for collaboration. There are numerous organizations that would benefit from the expertise found within our membership. To help connect you with the people, events, and communities you can impact the most the MARC ACSM has put together a [brief survey here](#) or use the QR Code.

Research in the Mid-Atlantic
Region



MARC-ACSM Membership

Have a friend or colleague who is not receiving these emails? They likely aren't a MARC member! Please direct them to <https://www.acsm.org/membership/join>

Find Out More



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