

WELCOME FROM MARC-ACSM PRESIDENT

It is my distinct honor and privilege to welcome you to the 49th **Annual Meeting of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine (MARC-ACSM)**.

We are excited to welcome you back to the Sheraton Harrisburg Hershey Hotel for a dynamic program featuring a diverse range of topics and exceptional speakers.

Our keynote speaker this year, **Dr. Sandra Hunter** is a true pioneer and international leader in the neuromuscular physiology of human movement across the lifespan, with a renowned focus on sex differences in sport performance. A longtime ACSM member with an impressive body of work, her keynote address “Sex Differences in Athletic and Motor Performance Across the Lifespan” will showcase her groundbreaking research in this field.

We are also thrilled to welcome **Drs. Amanda Paluch and Freda Patterson**, who will discuss how lifestyle behaviors like sleep and physical activity influence overall health. Additionally, our comprehensive program includes exciting sessions focused on physical activity and cardiovascular health, nutrition and women across the lifespan, disordered eating, the impact of mental health on physical activity, and clinical sessions focusing on diabetes and obesity. For our medical professionals, the **Physician Track** will feature clinical sessions on arthritis in adult athletes and heat stroke in high school football players alongside 13 clinical case presentations designed to spark engaging discussion.

To close out our meeting, **Dr. Dave Edwards** (MARC-ACSM President, 2018) will deliver the Past-President Lecture titled “How Did I Get Here”. This will be followed by our awards ceremony, where we will honor **Dr. Rian Landers-Ramos** with the **H. Scott Kieffer MARC ACSM Service Award**. Dr. Landers-Ramos began her journey with us as a student rep for the chapter and recently finished her tenure as Chapter President. Thank you, Rian, for your outstanding contributions to the chapter!

This year’s conference features **more than 165 free communications and posters**. Our oral sessions will include professional and student award categories (undergraduate, masters and doctoral level) as well as a brand-new “rapid fire” format for both undergraduate and graduate students that we are excited to debut. Students can also take advantage of a career-focused session on allied health professions and enjoy the student lounge, complete with fun giveaways. And, of course, the undisputed highlight of our conference – the **College Bowl** – returns Friday night. Please be sure to cheer on the fierce competition among our regional teams while enjoying our ice cream sundae bar. A huge thank you to our student rep, Kaitlyn Snyder for her excellent social media promotion and for organizing both the student lounge and the College Bowl.

As you move between sessions, please take time to visit our vendors. We are incredibly grateful to our numerous university, college, and corporate sponsors. I want personally thank each of you for continued generosity over the years; your support truly makes this annual conference possible. Please also enjoy our complimentary coffee breaks on Friday and Saturday – perfect opportunities to network and catch up with friends and colleagues from across the region.

Finally, I want to extend my deepest gratitude to our Executive Board, who dedicate countless hours to this organization. To our departing board members, **Drs. Caitlyn Haines, Sara Kovacs, Evan Matthews, Sush Ranadive and Tim Werner**, it has been an absolute pleasure serving alongside you. A special thank you to **Dr. Sush Ranadive** for his steadfast support and endless patience with my many emails.

I also want to thank **Dr. Melissa Reed**, our new Executive Director, who bravely stepped into this role and has been a joy to work with – our chapter is in fantastic hands. Thank you to **Dr. Jerry Gerome** for stepping in as interim Treasurer to guide our finances, and to **Dr. Adam Susmarski**, our incoming president. I am excited to see where your leadership takes the chapter.

Thank you all for attending and for your continued support of MARC ACSM. Have a wonderful conference!

Sincerely,

Shannon L. Lennon, PhD, RDN