

Welcome from the MARC-ACSM President

It is my honor and privilege to welcome you to the 47th MARC-ACSM Conference. This year we have returned to Lancaster Marriott and Convention Center and have a program filled with outstanding speakers and topics. The MARC-ACSM Conference has seen many positive changes over the past few years. This year, the MARC-ACSM Board of Directors has spent time fine-tuning those changes based on the valued feedback from our membership.

We are particularly excited to welcome our keynote speaker, Dr. Maureen MacDonald, to MARC-ACSM this year. Dr. MacDonald is a Professor and Dean of Science at McMaster University. She will be sharing her research on “Sex and Gender Considerations in Vascular Exercise Physiology”. This research is part of a critical body of work that seeks to better understand female physiology and the implications that it has on medicine and sport. Amongst other sessions this year, we have several exciting clinical talks, including Dr. Jonathan French speaking about concussion diagnosis, Dr. Christopher Urbanek speaking about interventional orthobiologics, and Dr. Lili Barouch, speaking about the female athlete’s heart. We are also excited to welcome Drs. Carson Smith and Andrew Venezia will present on Exercise, Fitness and Cognitive Function. Among other sessions, we have Dr. Graeme Koelwyn speaking about exercise and the tumor microenvironment, and a Biomechanics Symposia featuring Drs. Erik Hummer and Peter Barrance. Finally, we will close out our 2024 meeting with our Past-President’s Lecture by Dr. Kevin Heffernan presenting on “Resistance exercise and arterial stiffness: something old, something new, something borrowed and something blue”.

In addition to these sessions, we welcomed back proposed tutorial lectures and symposia to this 2024 conference and were thrilled with the response from our membership. We’ve received proposals covering a variety of topics that cover a nearly comprehensive field in exercise and sports medicine. Specifically, our program covers subjects such as metabolic flexibility and diet, long-term youth athlete development, obesity treatment, RED-S, wearable technology, pediatric exercise physiology, military health, performance, and sleep, gut microbiome and metabolomics, head trauma, and sodium and cardiovascular health. We are thrilled to have these speakers share their expertise this year!

We are also excited to have offered our inaugural DEI-B Fellowship this year, with recipients from each state within the Mid-Atlantic region. This Fellowship is just one of many steps that MARC-ACSM is taking to expand our reach and celebrate diversity. We also have several student events that we hope will benefit our student membership. As we have in the past, we look forward to hearing the presentations from our 5 finalists in each of the undergraduate, masters, and doctoral award categories. We also look forward to re-introducing opportunities for student slide presentations this year and you may also notice that several of our Symposia feature student researchers presenting alongside faculty. These sessions, along with our free communication poster session will provide a variety of opportunities for students to showcase their work. Meet the Experts will be held on Friday afternoon followed by the College Bowl. Following the footsteps of last year, we will host a combined student and faculty social event immediately after the College Bowl that will feature yard games and a cash bar. Please stick around on Saturday for our student professional development talk by Dr. Sara Campbell entitled “Ciff’s Notes on Abstract, Posters, and Presentations: How to Wow with your Science”. This presentation will be followed by a complimentary buffet lunch served as we announce our 2024 award winners!

Finally, I want to thank the MARC Board for all their time and behind-the-scenes work preparing for the 2024 Conference. A special thank you goes out to our Executive Director, Steve LoRusso, and our Associate Executive Director, Joohee Sanders for all their tiresome work and commitment to this Chapter. I also want to thank our Past-President, Emily Sauers, for her guidance and our President-Elect, Sushant Ranadive, for his support in putting the program together. Pete Hosick, Vice President, is thanked for his organization of moderators, AV, and speaker-ready room. Our Member-at-Large for Research co-chairs, Chris Harnish and Steve Prior, are thanked for their work managing abstract reviews and awards sessions. The Research Committee is also thanked for their expertise in evaluating the abstracts and selecting the awards finalists. Our Member-at-Large for EXPO, Brian Larouere and Meghan Ramick, are thanked for securing sponsors and organizing the EXPO and Grad Fair. Physicians-at Large, Joe Andrie and Stephanie Carey, are thanked for recruiting an impressive crop of physician sessions and for their efforts in organizing and implementing CMEs. Secretary, Racine Emmons, is thanked for her meticulous documentation of meeting discussions and for promoting our social media platforms this year. Cynthia Weiner, Graduate Student Representative, is thanked for all her efforts in organizing the College Bowl and coordinating our Meet the Experts session. Finally, longtime Board member and Regional Representative, Sara Campbell, is thanked for her outstanding leadership amongst the state representatives, communication with National, and her successful efforts to bring a DEI-B Fellowship to our Chapter. As one can see it takes a village of people volunteering their time to make an event like this happen. I am extremely grateful for this team I've had the honor of working with.

Thank you for joining us at the 2024 MARC-ACSM Conference in Lancaster. We look forward to a productive and informative meeting!

Sincerely,

Rian Landers-Ramos, Ph.D., CSCS
MARC-ACSM President