Greetings to all alumni and friends of the Department of Health and Exercise Science. We are pleased to send you this 11th issue of Alumni Messenger. I hope you enjoy this edition of the newsletter as we share the good news of the department. Since you received the last newsletter in 2007, many exciting things have occurred. Faculty and students have received a number of prestigious awards, three new faculty members have joined the department, faculty have obtained more external research grants, we opened an 1,100-square-foot addition of wet lab space to the Human Performance Clinical/Research Laboratory, and we are currently in the construction phase of another 3,800-square-foot research and outreach addition to the HPCRL, which you can read more about on Page 3.

While the past two years have posed unprecedented financial challenges for our department, University, and of course for you, I am proud to report that despite these challenging times, we have continued to make significant progress in implementing our strategic plan and moving the department forward. Three noteworthy benchmarks reached from the plan, through the hard work and dedication of our faculty and staff, include our designation as a CSU Program of Research and Scholarly Excellence, the award to Dr. Frank Dinenno of a prestigious Monfort Professorship, and exceeding $1 million in annual external research expenditures for the first time.

Recently, President Tony Frank announced the launching of the Campaign for Colorado State University. Our department’s part of the University’s $500 million goal is $5 million by June 30, 2012. We planned carefully for our campaign priorities, all of which provide great naming opportunities for donors, and they fall into the following broad categories:

- HPCRL expansion and support: $1 million
- Research seminar endowment: $200,000
- Endowed scholarships (8 @ $25,000): $200,000
- Research equipment: $500,000
- Graduate student fund: $100,000
- University endowed chair position: $3 million

You will receive regular updates about the campaign and how you can participate. Please read more about the campaign in this issue of the newsletter. You have my unwavering gratitude for your generous contributions during the past years to our programs and scholarships. We hope that you will choose to continue to be an important part of these exciting efforts by giving your time, expertise, and financial resources.

During the year, I plan to contact many of you personally to encourage you to become active donors to the campaign. Meanwhile, the Alumni Messenger will keep you abreast of other initiatives within the department and news about our faculty, staff, students, and alumni. We especially want to highlight news from our alumni in future issues of this newsletter, so please be sure to fill out the alumni information form on Page 14 and send it back to us.

Warmest Regards!

Gay Israel

www.hes.cahs.colostate.edu
**Mission**
The mission of the Department of Health and Exercise Science is to discover new knowledge through excellence in research in the areas of health and exercise science and to disseminate that knowledge through academic and outreach programs. Physical activity, wellness, and disease prevention concepts are central to the mission.

**Our Vision**
The Department of Health and Exercise Science will be a premier 21st-century department focused on improving our national and international ranking in research while achieving distinction for academic and outreach programs.

**Publishing Information**
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**Sheri Linnell Retires After 26 Years**

We had a great turnout of faculty, staff, students, alumni, and Adult Fitness members to honor Sheri Linnell’s 26 years of service to the department. At Sheri’s request, her retirement reception was held in the Colorado State University Field House last April.

Before coming to CSU, Sheri received a chemistry degree from Wellesley College and a master’s in science education from Harvard University. Another important part of Sheri’s rich past includes three-plus years in the Peace Corps as a science teacher in Korea and Malaysia. She followed this experience with an additional two years as a volunteer teacher/ supervisor for the East Malaysia Department of Education.

After these rewarding experiences, she came to Colorado State to earn her master’s in health and exercise science. When Sheri joined our faculty in 1982, she embarked on an extremely rewarding career as director of the Adult Fitness Program and instructor for the Practicum in Adult Fitness, Exercise Prescription, and Electrocardiography and Exercise Management. Sheri is known as an excellent teacher and adviser. She received the College of Applied Human Sciences Outstanding Adviser Award and the University’s Jack E. Cermak Advising Award. Most recently, she was honored as the recipient of the College’s Superior Service Award.

Sheri completed her 27th year as director of the Adult Fitness Program, which provides a valuable service to participants and students. As a teacher, she instills valuable life skills and a service-oriented attitude in her students. Incredibly, since 1982, Sheri has interacted with more than 2,700 clients through the Adult Fitness Program and mentored another 2,000 practicum students. As a graduate student, she founded the Homecoming 5K race 28 years ago to reach out to the community and promote physical activity in people of all ages.

Sheri will be missed tremendously. In 2006, the department and Sheri’s friends and colleagues established the Sheri Linnell Scholarship in her honor. Sheri and her husband, Tom (a fellow Peace Corps volunteer and clinical psychologist), plan to celebrate retirement spending more time with their children (Aaron and Erica) and, of course, continuing their passion for travel and service to the community.

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Sheri Linnell Retires After 26 Years

Sheri pauses for a moment before she speaks at her reception.

At Sheri’s request, her retirement reception was held in the CSU Field House last April.

Sheri Linnell and Gay Israel share a fond moment during her retirement reception.
Turning World-Class Research Into Life-Changing Solutions

By Kim Winger
Donor Relations Manager, College of Applied Human Sciences

Cardiovascular disease is the leading cause of death in the United States. Obesity is the second leading cause of preventable death in the country. World-class faculty conducting groundbreaking research, dedicated students passionate about hands-on learning, community members determined to add years to their lives – these are the people hard at work throughout the Human Performance Clinical/Research Laboratory on campus every day. These are the people who share a passion for finding ways to prevent diabetes, heart disease, obesity, and promote healthy aging.

The HPCRL, which first opened its doors in 2000, and was expanded in 2008, is yet again in need of more space – a true testament to the success of this growing program. This summer the department broke ground on a 3,800-square-foot addition.

Recognized as a priority for campus, the HPCRL initiative is in line with the goals of the recently announced Campaign for Colorado State University – a $500 million fundraising campaign aimed at increasing financial support for students and faculty, strengthening learning and research experiences, and improving facilities for our growing campus community.

The department’s fundraising goal for the HPCRL addition is $1 million, and a larger $5 million goal includes broader support for equipment, research seminars, scholarships, student support, and a University endowed faculty position. Alumni, friends, and like-minded supporters can help us do what we cannot accomplish on our own. Opportunities to partner and put your name on space dedicated to groundbreaking research and outreach are available from $20,000 to $1 million and greater.

The new space will allow for new labs, offices, equipment, and areas for continued collaborative discovery:

- **Skeletal Muscle Clinical Lab** – a place where researcher, Dr. Ben Miller, and students will continue discovering, testing, and implementing strategies to slow the aging process in muscle.
- **Clinical Interventions** – to be used for a new obesity prevention program, developed by Dr. Tracy Nelson, for students at CSU. Dr. Nelson will also use the space for related research on dietary factors, genetic susceptibility, and environmental influences that impact chronic diseases.
- **Energetics Mechanics** – designed for Dr. Ray Browning’s research to explore the use of human-powered devices – such as playgrounds – to promote physical activity in children, with the aim of preventing and treating obesity.
- **Core Wet Lab** – will provide a shared space for HES faculty to conduct the biochemical and molecular biological analyses that are essential to their mechanistic research. For example, Dr. Adam Chicco will occupy this space to investigate mechanisms involved in progression from metabolic syndrome to heart failure, including the contributions of lipid metabolism and mitochondrial dysfunction.
- **Cell Culture** – where Dr. Karyn Hamilton will seek to identify interventions to protect against hypoxic injury and prevent loss of heart cells following a heart attack. This collaborative space will be shared with Dr. Simon Lees, whose stem cell research is determining why skeletal muscle loses its ability to adapt to exercise and repair itself after injury – contributing to a condition known as sarcopenia, which leads to physical frailty and decreased quality of life in up to 45 percent of our aging population.
- **Tech and Ph.D. Offices** – where mentoring, collaboration, research, writing, and training for doctoral students in the new Human Bioenergetics Ph.D. program will occur.

The research is life-changing, and the teaching opportunities are significant. The HPCRL expansion will continue to allow for the pathways to bring research to people – translated to real-world applications. Today’s students will continue to carry out their work in communities, health care settings, and centers across the country.

Private support has been and continues to be a critical component to the program’s progress and achievements toward its most important work. All gifts – of any size – are needed to reach our goal. You may use the enclosed gift form to make your donation.

**To learn more or to get involved, please contact Lori Sims at (970) 491-5669 or lori.sims@colostate.edu or Gay Israel at (970) 491-3785 or israel@cahs.colostate.edu.**
Colorado State University alumnus Mike Mackenzie, ’01, used his education and past experiences to win Teacher of the Year at Olander Elementary in Fort Collins. He was considered for Teacher of the Year for the Rotary Club of Fort Collins. In 2001, Mackenzie graduated with a degree in Health and Exercise Science with a concentration in Teacher Preparation. He also played football at CSU. Mackenzie spent two years as a free agent for the Tampa Bay Buccaneers, trying to make the team. After suffering from a high ankle sprain against the Miami Dolphins and an injury to his left shoulder, he returned to CSU. Mackenzie worked as a graduate assistant football coach under former CSU Coach Sonny Lubick and Coach Jon Benton for one season then became a full time academic adviser for the athletic department. He currently teaches at Rocky Mountain High School in Fort Collins. Mackenzie describes his students as smart, hard working, and well behaved individuals who are excited to learn. Mackenzie, his wife, and son call Fort Collins home.

Congratulations to All 2008 and 2009 Master of Science Graduates!

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<th>Name</th>
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<td>Kyle Barnes</td>
<td>Physiological Strain of Firefighters Exposed to a Live Firefighting Exercise.</td>
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<td>Jared Burek</td>
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<td>Megan Endrizzi</td>
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<td>Co-Advisers: Karyn Hamilton, Ph.D., and Bob Gotshall, Ph.D.</td>
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<td>Kerry Jacques</td>
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<td>Tyler Johnson</td>
<td>Short-Term Sprint-Interval Training Improves Insulin Sensitivity in Young Adult Humans.</td>
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<td>Michelle Kvernmo</td>
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<td>Jessica Kuzma</td>
<td>Bioavailability of Dietary Lectins in Humans. Adviser: Loren Cordain, Ph.D.</td>
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<td>Mark Lonac</td>
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<td>Katie McCabe</td>
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<td>Julie Pitts</td>
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<td>Cat Simmons</td>
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<td>Carrie Simpson</td>
<td>Acute Ascorbic Acid Administration Improves Exercise Hyperemia During Rhythmic but Not Single Contractions in Aging Humans. Adviser: Frank Dinenno, Ph.D.</td>
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<td>Selena Walsh</td>
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Human Performance Lab Named Program of Research and Scholarly Excellence

The Human Performance Clinical/Research Laboratory in the Department of Health and Exercise Science has been named a Program of Research and Scholarly Excellence by Colorado State University. The Programs of Research and Scholarly Excellence were initiated in 1991 to recognize those areas within the University that have achieved great distinction and set a standard for excellence. Programs are selected after an extensive nomination and review process that takes place every four years.

Dean April Mason said, “We are proud to have the Human Performance Clinical/Research Laboratory selected for the PRSE distinction at Colorado State. It reflects the excellent quality of our programs and our deep commitment to finding research-based solutions to complex problems facing society. The lab is an outstanding example of how we are working to improve lives.”

Welcome, New Faculty Members

Ray Browning, assistant professor, joined the department in August 2008. Dr. Browning completed his undergraduate degree in mechanical engineering at Colorado State University (1983) and his master’s degree in kinesiology under the mentorship of Robert Gregor at the University of California–Los Angeles (1991). After a 10-year career as a professional triathlete, Ray went to the University of Colorado–Boulder to complete a Ph.D. (2005) in the Department of Integrative Physiology with Rodger Kram. During his doctoral studies, Ray investigated the effects of obesity on the energetics and mechanics of human locomotion. After his Ph.D., Ray completed a one-year post-doctoral fellowship (2006) with Professor James Hill at the University of Colorado Denver, Center for Human Nutrition, a world-renowned obesity research center. During this time, Ray’s research focused expanded to include the development of physical activity monitors for obesity prevention/treatment. After the postdoctorate, Ray took a faculty position at the Center for Human Nutrition and continued his physical activity monitoring studies and began to explore the use of human-powered devices and playgrounds to promote physical activity in children. The common aim of his research is to develop effective interventions and tools to prevent and treat childhood and adult obesity. He plans on continuing his current lines of research and expanding on them by collaborating with other researchers in the HES and engineering departments.

Ray has spent this past year applying to various granting agencies and establishing his laboratory. He has also started mentoring students from HES. He and his wife, Shannon; daughter, Sophia (7); and son, Thomas (2), have recently settled in Fort Collins. Ray spends most of his spare time with his family, but rides his bicycle regularly in an attempt to maintain at least a shadow of his former fitness. In an attempt to combine family time with exercise, Ray can often be seen cycling with a tag-a-long and a trailer attached to his bike as he pedals around Fort Collins.

Adam J. Chicco, assistant professor, joined the HES faculty in January 2008. Dr. Chicco completed his undergraduate degree in philosophy from Marietta College, Ohio (1993) and, after developing an interest in exercise physiology as a competitive rower, went on to complete a master’s degree in the subject at Temple University in Philadelphia, Pa. (1998). He then moved west and spent three years working as a clinical health educator in the Department of Medicine at Kaiser Permanente.

The HPCRL serves as a center for interdisciplinary research, teaching, and outreach efforts that address the causes, prevention, intervention, and treatment of major chronic diseases, including cardiovascular disease, diabetes, obesity, and degenerative conditions associated with human aging. Extramural research support for these activities comes from the National Institutes of Health, U.S. Department of Agriculture, American Heart Association, Department of Defense, and private/corporate sponsors and has increased tenfold in the past four years.

Undergraduate and graduate students serve and train in the HPCRL in regular courses, internships, and practica and as part of a variety of sponsored research rotations, and they are directly involved in community outreach efforts via the Heart Disease Prevention Program.

For more information on the HPCRL, see http://hes.caahs.colostate.edu/ResearchLabs.

Research Lab Construction Continues – ‘Brick-by-Brick’

• The new 1,100-square-foot wet lab addition to the Human Performance/Clinical Research Laboratory has been completed and is in full operation. The addition is a shared research facility which houses a wide variety of research tools to facilitate molecular and biochemical analyses, cell culture, and microscopy. The facility was self-funded with significant contributions from the College of Applied Human Sciences and the Vice President for Research.

• A $75,000 expansion of the Cardiovascular Exercise Room in Moby C-wing was recently completed with funds from the University Facility Fee Advisory Board. This expansion facilitates increased usage by undergraduate students in activity and majors courses, Faculty and Staff Noon Hour Fitness participants, and departmental researchers conducting training experiments. The expansion accommodated the placement of eight new pieces of cardiovascular exercise equipment, funded by HES.
New Faculty Members continued from Page 5

and a health science instructor at Diablo Valley College in the San Francisco Bay area before returning to graduate school to complete his Ph.D. in exercise physiology at the University of Northern Colorado (2004). As a doctoral student, Adam used rodent models to establish the protective effects of exercise against the cardiotoxicity associated with doxorubicin, a widely used cancer chemotherapeutic agent. After acquiring a strong interest in cardiovascular (patho) physiology during his doctoral work, Adam went on to complete a three-year postdoctoral fellowship with Dr. Russell Moore in the Department of Integrative Physiology at the University of Colorado-Boulder. During his postdoctorate, Adam explored the mechanisms responsible for heart injury following ischemia (heart attack) and during the development of heart failure, with a particular focus on how exercise, nutrition, and pharmaceutical interventions may attenuate or prevent these processes.

Adam has spent recent semesters accumulating equipment for his laboratory and acquiring data and grant funding for research projects that will extend the work of his postdoctoral fellowship. He has been awarded grants from the American Heart Association and Colorado Agricultural Experimental Station to investigate the effects of fatty acid metabolism and nutrition on cardiac dysfunction associated with aging, heart failure, obesity, and ischemia. He is involved with ongoing research projects with investigators at the University of Colorado-Boulder and Denver Health Sciences Center and looks forward to further developing new collaborative relationships with colleagues in CSU’s departments of Health and Exercise Science, Physiology, and Food Science and Human Nutrition. In addition, Adam will be teaching Exercise Physiology, Exercise and Chronic Disease, and Senior Seminar and looks forward to mentoring undergraduate and graduate students in the laboratory.

Adam lives in Fort Collins with his wife, Christi, and their two energetic daughters, Emma (5) and Sara (3). He enjoys hiking and climbing in the mountains of Colorado and other beautiful locales.

Ryan Donovan joined the Department of Health and Exercise Science as an instructor in August 2007. Ryan completed his undergraduate studies in exercise and sport science at the University of Wisconsin-La Crosse in 2004. In order to fulfill his degree requirements, Ryan moved to Colorado and worked as an intern in the Department of Health and Exercise Science’s Heart Disease Prevention Program at CSU for three months. After his internship, Ryan left Colorado to pursue a career in the corporate fitness industry in Seattle, Wash. One year and countless rainy days later, Ryan returned to Colorado State to work on his master’s in health and exercise science under the mentorship of Dr. Gay Israel and Dr. Tracy Nelson. His research focus during this time involved cardiovascular disease risk factor identification among career firefighters in Colorado.

Now a full-time member of the department, Ryan teaches a variety of undergraduate classes in health and exercise science. In addition, he assists with the operation of several of the department’s outreach programs, including the Heart Disease Prevention Program, Faculty and Staff Noon Hour Fitness, and the Homecoming 5K race. As of mid-August, Ryan also assumed the role of director of the Adult Fitness Program following the retirement of Sheri Linnell.

Simon Lees, assistant professor, joined the Department of Health and Exercise Science in August 2008. Dr. Lees completed his undergraduate studies in exercise science at the University of British Columbia in Vancouver, Canada. Simon then went to Virginia Tech, where he completed both his M.S. and Ph.D. under the mentorship of Dr. Jay Williams in the Department of Human Nutrition, Foods, and Exercise. During his graduate studies, Simon’s research interests revolved around the regulation of skeletal muscle calcium handling. After completing his Ph.D., Simon accepted a postdoctoral position with Dr. Frank Booth in the Department of Biomedical Sciences at the University of Missouri-Columbia. Dr. Booth is a highly respected scientist who is best known for his innovative scientific approaches in exercise and health-related research. During his five years of postdoctoral training, Simon’s research involved asking why skeletal muscle loses its ability to adapt to exercise and regrow after injury. Simon’s efforts focused on the role of adult skeletal muscle stem cells in this phenomenon.

In the Department of Health and Exercise Science, Simon plans to continue his work in skeletal muscle stem cells within the context of aging, exercise, and disease. In addition to setting up his lab and securing research funding, Simon will also be teaching courses within the HES program.

Frank Dinenno’s selection as a Monfort Professor is a first for our department and college. Hopefully, the first of many to come! As part of a $3.6 million gift to CSU, the Monfort Family Foundation established the Monfort Professors Program to help the University enhance its faculty by recruiting and retaining talented faculty members. Monfort Professorships are intended for faculty members who are rising stars and should have the potential to reach either University Distinguished Professor or University Distinguished Teaching Scholar later in their careers. This prestigious award provides $75,000 per year for two years ($65,000 per year to support research and $10,000 for salary enhancement).

Frank joined the Department of Health and Exercise Science faculty in 2004. Before his arrival, he completed four years of postdoctoral research in anesthesia at the Mayo Clinic. At Colorado State, he has developed two doctoral courses in Health and Exercise Science and serves as director of the Undergraduate Honors Program for HES. Frank also is an editor of the Journal of Physiology. His groundbreaking research in skeletal muscular blood flow is unlocking the secrets of how advancing age impacts blood flow and oxygen delivery.

Congratulations, Frank!
Tim and I have been involved with CSU for many years. Our oldest son, Tim Jr., graduated from CSU in December 1982, and of course, Kelly did her undergraduate work at CSU and her two master’s degrees as well.

Our interest in CSU peaked when Kelly was coordinator of clinical experiences and also director of the sports medicine concentration in the department for eight years. When Kelly retired in 1998, due to the aggressiveness of her multiple sclerosis, Dr. Gay Israel, Cathy Kennedy, Cecilia Martin, and Camy Cooney worked with us to start a scholarship in Kelly’s name. Tim and I, family members, many of our friends, CSU faculty, students, and alumni contributed to this scholarship fund. Instead of giving presents for birthdays, anniversaries, and other special occasions, we would contribute to the Kelly Walker-Haley Health Promotion Scholarship in their honor, or we would make contributions in memory of friends and relatives who had passed away. One year, instead of sending Christmas cards and gifts, we made a large contribution to the fund in honor of our relatives, friends, and Kelly’s co-workers. Dr. Israel made a plea to departmental alumni a few years ago, and the scholarship really grew so that two scholarships could be awarded each year.

It has been our pleasure to donate to Kelly’s scholarship, as well as other scholarships, in the College of Applied Human Sciences over the years. Tim and I have been educators, teaching in the Denver Public Schools for many years, so we do realize the importance of supporting higher education for the next generation of students. They are the leaders of the future.

Tim and I have been active volunteers with The National Multiple Sclerosis Society for 13 years. We have participated in the M.S. Walk, sponsor a table at the Women Against M.S. luncheons in Fort Collins, are involved with the Wild West Walkout in Fort Collins, sponsor a bowl-a-thon for Team Sugarbee, and were involved with the Biketoberfest Bike Tour from 1997 until it ended in 2002. Our largest and favorite philanthropic event is the MS-150 Bike Tour. We are co-captains of the team Sugarbee Rest Stop – the lunch stop on the first day of the 150 mile tour. There are 40 family members and friends who help serve lunch and beverages to the 3,200 bicycle riders and 600 volunteers. Our bicycle team, Team Sugarbee, had 166 members this year. Tim Jr. and Marsha Macro (a CSU graduate) are co-captains of the riders. Several of Kelly’s CSU friends and co-workers ride with the Sugarbees or volunteer including HES faculty Karyn Hamilton and Sheri Linnell; Gwen and Julie Sieving; Toni Zimmerman; and Pat Brelig.

Team Sugarbee got its name when Eric, Kelly’s brother, nicknamed Kelly “Sugarbee” as a little girl. In 1992, Kelly’s husband, Jack, along with family members Eric, Tim Jr., and Heidi, started Team Sugarbee with four riders. Angie, Kelly’s sister-in-law, drove Kelly to the events and made all arrangements for overnights and such. The next year, Marsha and Harry Macro joined the team, then cousins from California, Idaho, and the Denver area and others, until this year, we had 166 riders representing Team Sugarbee.

Team Sugarbee was the top fundraiser team for six years in a row, as well as having the top number of team members. We were also the first team in Colorado to raise more than $100,000 for a bike tour. Last year, our team raised $134,300 – an amount we hope to top this year.

Kelly continues to be our inspiration for this ride and for all of our volunteer work. We all hope that someday M.S. will stand for “Mystery Solved” and the bike tour will be just for fun. Our family is our pride and joy. We have three wonderful children and their incredible spouses and three fantastic grandchildren, Emma, Cameron, and Anna.

We have learned so much from our children, especially from Kelly and Jack, in the way they face challenges head-on and have the courage to continue to confront the problems of dealing with a chronic illness, and life in general, with hope and a sense of humor.

Life has been good to us. We feel blessed with a close-knit family, wonderful friends and co-workers, good health, and each other. A favorite saying of ours is, “Happiness is wanting what you have!” and after 50 years, we are still happy.

Sincerely,
Betty and Tim Walker
“Mom and Pops Sugarbee”
Youth Sport Camps Benefit Area Kids, Offer Students Experience

Now in their 36th year, the Youth Sport Camps hosted more than 2,500 campers during the 11-week program. This year, we featured more than 50 weekly sessions in a variety of sports, including basketball, soccer, baseball, volleyball, inline hockey, field sports, and softball.

More than 225 campers participated in the six weeks of “FunLIFE” (Learning to Improve Fitness and Eating). In this program, children learn about healthy lifestyles, physical activity, and positive nutritional habits, all while participating in a variety of physical, outdoor, and participatory games and activities. And this summer marked the debut of “Music and Movement,” a new camp that centers on teaching the physical activity benefits of dance, tumbling, gymnastics, and martial arts. More than 250 campers participated in this new camp.

The Youth Sport Camps support the mission of the Department of Health and Exercise Science by providing hands-on experience and research opportunities for CSU students and staff while promoting the benefits of physical activity and healthy lifestyles for youth in the community. The camps have three primary objectives: (1) to promote physical activity in a fun and safe environment, (2) to promote lifelong activity and a healthy approach to obesity prevention, and (3) to challenge each camper to improve his/her level of performance.

Dr. Brian Butki, YSC director, continues to expand and improve the camps in terms of camper enjoyment and skill development as well as continuing to promote emphasis on childhood obesity prevention and healthy lifestyles. The majority of the YSC counselors and staff are HES undergraduate and graduate students with extensive sport experience, and these students benefit from the applied opportunities to use their teaching and research skills. Butki has also expanded and increased the scope of the department’s after-school program, which is based on the FunLIFE curriculum and runs daily during the school year.

We welcome all of you to stop by to visit and see what we’re about. With healthy lifestyles, every child’s a winner!

Alumni News

Mario Chavez (B.S. ’05) completed his Doctor of Chiropractic Medicine from the Palmer College of Chiropractic in June 2009. Mario is employed by Vita Nova Spinal Care. He and his wife have two children and reside in Littleton, Colo.

Michael Cruz (M.S. Exercise Physiology ’87) is board-certified in otolaryngology (head and neck surgery) and is a Fellow of the American College of Surgeons. He trained at the Medical College of Wisconsin/Marquette Medical School in Milwaukee. His practice includes general ENT for all ages with special interest and expertise in sinus and nasal disease and sleep apnea. He works at The Spokane ENT and Surgery Center.

Cathy (Bane) Helwic (B.S. Health Promotion ’03) graduated from the Arizona Heart Institute’s School of Cardiac Ultrasound in 2008 and is working as lead cardiovascular technician at the Heart Center of the Rockies in Loveland, Colo. She married John Helwic (’91 Psychology) on June 23, 2007.

Tamara (Colquitt) Willman (B.S. Exercise and Sport Science ’95) is currently working as a CCY yoga trainer, 200 RYT at Body Sanctuary, YMCA and Christ Centered Yoga. She is married to Brian Willman with two kids, Oliver (8) and Miles (5).

Christine Herman (B.S. Health Promotion ’98, M.S. in Health Education awarded with Distinction) is a certified health education specialist (CHES) and is currently working as (1) health education program manager, (2) Tobacco Cessation Program manager, and (3) exercise specialist at Spectrum Healthcare at Buckley Air Force Base. Christine has nine grandchildren.

Joel Malecka (B.S. Health Promotion ’03) just completed work as a congressional staff member for former U.S. Senator Wayne Allard, R-Colo.

Katie McCabe (M.S. Exercise Science ’08) is health and wellness director for the YMCA in Seattle.

Ashlee Mickle (B.S. Sports Medicine ’05) received her Doctor of Physical Therapy from Des Moines University.

Jeanne Stough (M.S. Exercise Physiology ’88), cardiac rehab manager at Vail Valley Medical Center, is enjoying using her degree again, back in Colorado after years in California and Washington. She writes, “Fun to see the attack pack – surely joined in on a few runs while volunteering at Adult Fitness : )”. She is married to Winsor and has children, Rebeckah, Kevin, and Annika.

Julie Stout (B.S. Health Promotion ’02) graduated from the University of Colorado Hospital Diagnostic Medical Sonography Program in 2008 and is employed in the ultrasound department at Poudre Valley Hospital in Fort Collins, Colo.

Sheila Sullivan (B.S. Sports Medicine ’04) completed the degree of Doctor of Osteopathic Medicine from Des Moines University.

To submit your alumni news, complete and return the form on Page 14.
In the Spotlight

Alumni Honored for Achievements

HES Golden Paralympian Unstoppable in the Pool

Two more world records shattered in Beijing and named Paralympian of the Year for 2008 by the U.S. Olympic Committee

At her third Paralympic Games in Beijing, Erin Popovich ('07) collected four gold medals and two silver, bringing her career total to 14 gold and five silver. She was also named Paralympian of the Year by the U.S. Olympic Committee.

“Beijing was amazing. To be able to compete in the ‘Water Cube’ was an experience in itself. To be picked out of all the great accomplishments the U.S. delegation had in the Paralympics is very exciting for me,” Erin said. Erin also was the 2004 USOC Paralympian of the Year. Moreover, in 2005, she was named the Women’s Sports Foundation’s Sportswoman of the Year, and also won an ESPY award for best female athlete with a disability. People have compared her to U.S. Olympic swimmer Michael Phelps, who won a record-breaking eight gold medals earlier in the same venue.

The Paralympics are for athletes with physical disabilities. Erin was born with achondroplasia, severely restricting the growth of her limbs. She is just 4 foot 4 inches tall. This is her third time at the Paralympics. She competed previously in Athens, Greece, in 2004 and in Sydney, Australia, in 2000. She now has 14 gold medals in her career and two world records.

Popovich is a native of Silverbow, Mont., but lives and trains in Fort Collins. She graduated from Colorado State in 2007 with a bachelor’s degree in Health and Exercise Science with a concentration in Sports Medicine. Erin has applied to several medical schools around the country, hoping to remain in Colorado.

“The best thing about the Paralympic Games is that stereotypes are dispelled,” says Erin. “You see someone in a wheelchair or with a certain disability and instead of dwelling on their problems, you see they are focused on what they can achieve. I’m blown away by their abilities.”

HES Senior a Finalist for ‘Academic Heisman’

Jeff Horinek ('09) is one of three National Scholar-Athletes in CSU football history, joining Greg Myers (1995) and Steve Bartalo (1986). CSU’s middle linebacker was named to the all-district academic team. Jeff carried a 3.9 GPA in Health and Exercise Science with a concentration in Health Promotion.

The 6-foot-3-inch, 236-pound senior from Atwood, Kan., was named a National Scholar-Athlete and a finalist for the Draddy Trophy given by the National Football Foundation and College Hall of Fame. He was a Rams captain, a four-year starter with one of the nation’s longest streaks of consecutive starts (38 games) and a returning all-conference player. Nicknamed the Academic Heisman, the Draddy recognizes an individual as the absolute best scholar-athlete in the nation.

Jeff automatically received an $18,000 postgraduate scholarship for being selected in the 50th class of National Scholar-Athletes. Twice the recipient of the Rams’ Head Academic Excellence Award, Jeff was named to the ESPN The Magazine Academic All-District Team in 2007. A three-time academic all-Mountain West pick, he also garnered the 2007-2008 Merrill Gheen Male Student-Athlete of the Year Award at CSU. Jeff is currently applying to graduate schools.

Popovich’s Paralympics Performance

Gold – 200m Individual Medley 2:54.62; beat her previous record of 3:00.34, new world record
Gold – 100m Freestyle 1:11.82; beat her previous record of 1:14.62
Gold – 100m Breaststroke 1:31.60; previous record was 1:32.52, new world record
Gold – 400m Freestyle 5:17.41; just shy of the world record, 5:17.06, 14th career gold medal
Silver – 50m Butterfly heat 37.87; second to Min Huang of China at 34.47, new world record
Silver – 50m Freestyle heat 33.92; second to teammate Courtney Jordan of the United States by only 0.08 seconds


2007-2009 Donor Honor Roll

This list includes gifts and pledges received and registered at the Colorado State University Foundation from July 1, 2007-June 30, 2009. If you have made a gift since this date, we will acknowledge you in the next issue of the Alumni Messenger. We sincerely appreciate the generosity of all our donors!

The logos of our generous Homecoming Race Sponsors are shown on the back page.

ACSM Awards

We are very proud of HES students receiving research awards at the Rocky Mountain Chapter of the American College of Sports Medicine annual conference.

First-place tie: Robert Jacobs and Matt Robinson

Third place: Kyle Carter; also highest undergraduate placing

Fourth place: Linnell Griffin

Fifth place: Roger Paxton

Sixth-place tie (with a UNC student): Brandon Chapman

Graduate students also won the second annual college bowl: Aubrey Hoover, Leora Jordan, and Mark Lonac

Predoctoral Recognition Awards

Brett Kirby (second-year Ph.D. student) is the sole recipient of the Predoctoral Recognition Award from the Environmental and Exercise Physiology Section of the American Physiological Society. He presented his research entitled “Exogenous ATP abolishes postjunctional alpha 1 and alpha 2-adrenergic vasoconstriction in humans” at the 2008 Experimental Biology conference in San Diego.

Anne Crecelius (M.S. ’09) received this award in 2009 in New Orleans as a second-year master’s student for her research entitled “Effect of combined nitric oxide and prostaglandin inhibition on hypoxic exercise hyperemia.”

Attack Pack Scholarship

2007-2008
Michael J., Ph.D., and Gail Aaronson
Ronald J. and Linda Bauer
Kirk Beitz
William A., ’66, and Janice E. Beitz
Jean T. Bohn
Donnis L. Broman
Lori E. Cauthorn
Jason C. and Jeannette M. (Beitz), ’91, Crawshaw
Robert D. and Deborah D. Deakin
James and Gindra DeShayes
Ryan M., ’04, and Alyson L. (Santeler), ’03, Dilil
Norman A., Ph.D., ’63, and Jean C. (Cole), ’68, Evans
Bernice Farmer
Jack E. and Helen L. Fellows
George Goodell
Dennis R. and Barbara D. Harwood
Glen W., Jr., and Betty J. Hays
Neal W. and Lauren L. Hopkins
Dr. Richard G. and Karan D. Israel
George T. Laughlin, II, ’75, ’81
Dr. Arthur T. and Sheri L. (Moore), ’83, Linnell
James M. and Jill Mitchell
Brent G. and Elizabeth J. (Roodell), ’02, Moore
Dr. Allen D. Pierson
William Place and Linda Scarpato-Place
Olin W., ’59, and Jacqueline K. Ruff
Jeffrey and Kristen Soufe
Lynette Sible
Thomas M., Ph.D., and Jean M. (Murray), Ph.D., ’72, Sutherton
Thomas L. and Jean E. Tonoli
Robert S. and Judy Vacante
Gwendolyn J. (Van Gelder) Van Valkenburg, ’81
Tim S. and Shirley Velasquez
Ted Wickersham
David W. and Sally H. Willet

2008-2009
William A., ’66, and Janice E. Beitz
Jason C. and Jeannette M. (Beitz), ’91, Crawshaw
James M. and Jill Mitchell
Norman G. and Judith A. Wagner

Elizabeth Forbes Scholarship

2007-2008
Mary L. (Stolz) Clark, ’60
Grover W., ’57, and Joyce E. (Zeeko), ’53, Mundell
Norma L. Price, ’54, ’59
Nora V. (Woodhams) Roten, ’57

2008-2009
Mary L. (Stolz) Clark, ’60
Joyce E. (Zeeko) Mundell, ’53
Norma L. Price, ’54, ’59
Joe E. and Nona V. (Woodhams), ’57, Roten
Alta R. Wadlow, ’54

“Bo” Cowell Scholarship

2007-2008
David H., ’64, and Barbara B. Hawes
Coleman F., ’60, and Maureen Selbe

2008-2009
Coleman F. Selbe, ’60

Health and Exercise Science - General Fund

2007-2008
Shelley K. Armicone, ’75
Albert K., ’65, and Florence M. (Koshio), ’62
Daryl E. and Jeanne T. Braden
Sandra M. (Hinds) Brennecke, ’78
Bobbie L. (Farrick) Cesarek, ’78
Harold G., ’50, and Frances Chaffee
Mary L. (Stolz) Clark, ’60
Nancy J. (Morris) Conway, ’69
Craig W. David, ’05
Kevin E., ’83, and Karyl A. (Chace), ’83, Dimnick
Sue M. (Klenke) Donnelly, ’81
Harry W. Ellis, ’64, ’68, and Loretta A. Capra, ’78
Mark M. Forester, ’73
Joe Gilas, ’50
Krista J. Hall, ’03
Vera R. (Fell) Hammons, ’58
Larry W. Hoffner, D.V.M., ’63, ’65
Mary A. Iannone, ’96
Lorraine E. (Lyon) Johnston, ’51
George A. King, Ph.D., ’94, ’96
Fred J., III, and Patti A. (Shibao), ’72, Leitz
L. John Lute, ’60
Dr. Russell E. Lyon, ’55
Peter F., ’75, and Donna L. MacFarlane
Eugene A. Markley, ’47
Robert J., ’71, ’84, and Johnye A. (Abeyta), ’73, Nielsen
Katherine I. (Bohn) Donnelly, ’59
Douglas S., ’92, and Stephanie D. Ouren
Wayne W. Schneider, ’60
Gary L. Sirola and Robyn S., ’83, Bailis
Jim I., ’75, and Sherri L. Smithburg
Barbara J. (Cawood) Steniger, ’59
Leroy G. Sterkel, ’60, ’65
Marvin B., ’67, and Gwendolyn Sublette
Jane K. Sullivan, ’90
Joseph C. Vigliaturo, ’76
William T. III, ’57, and Donna S. Ward
Nora V. (Woodhams) Roten, ’57

2008-2009
Daryl E. and Jeanne T. Braden
Clifford M. Buchholz
Robert A. (Farrick) Cesarek, ’78
Sue M. (Klenke) Donnelly, ’81
Don and Vera R. (Felli), ’58, Hammons
Lindsay A. Hansen, ’03
Dr. Nabeel T. and Barbara J. Jabbour
George R., ’69, ’60, and Beatrice A. Jones
LaVetta S. Jones, Ph.D., ’59
George A. King, Ph.D., ’94, ’96
H. Fred Klinger, ’67
Patti A. (Shibao) Leitz, ’72
L. John, ’60, and Mary Jane Lute
Thomas R. and Susan E. Mazarrisi
Katherine I. (Bohn) Donnelly, ’59
Dr. Sally J. Phillips, ’69
Marjone (Deines) Pratt, ’50
Neil L. Sanders, ’03
Susan (Schatz) Schatz Williams, ’77
Wayne W. Schneider, ’61
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Barbara J. (Cawood) Steniger, ’59
Jane K. Sullivan, ’90
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Human Performance Clinical Research Laboratory

2007-2008
Mark T. and Ann C. (Cochrane), ’77, Bowler
Ren, ’59, and Sharon E. Jensen
Nicole R. Stob, Ph.D., ’00, ’04
Dr. Gerald D. and Carolyn V. Taylor
William L. Wood
Myles W. and Carole J. Crane
Joe K. and Lyndal R. Davis
Robert H. and Tracy P. Vangermeersch

Organizations

Poudre Valley Hospital Foundation

2008-2009
Ren, ’59, and Sharon E. Jensen
Charles R., ’65, and Minna Rainey
Nicole R. Stob, Ph.D., ’00, ’04
Dr. Gerald D. and Carolyn V. Taylor
Myles W. and Carole J. Crane
Joe K. and Lyndal R. Davis
Bill Putnam

Sue Jones Scholarship

LaVetta S. Jones, Ph.D., ’59
Sheri Linnell Scholarship
2007-2008
Carole Cotham-Machala
David P. Hochstedler, ‘99, and Beth A. Forbes
Lyonal and Ruth C. Howard
Dr. Richard G. and Karan D. Israel
George A. King, Ph.D., ‘94, ‘96
Clyde A., ‘47, ‘49, and Barbara A. (Giauque), ‘51, Maxey
Mary A. (Norman) Newell, ’62
Nicole R. Stob, Ph.D., ’00, ’04
Kareem Williams and April D., ’05, Richards
William L. Wood
Raymond S., Ph.D., and Ann L. Yang

2008-2009
Carole I. Cotham-Machala
Travis R., D.V.M., ‘94, and Marlene J. (Drake), ‘92, Einertson
Richard T. Hill
Katherine A. Hutcheson
Dr. Richard G. and Karan D. Israel
George A. King, Ph.D., ‘94, ‘96
Dr. Arthur T. and Sheri L. (Moore), ’83, Linnell
Clyde A., ‘47, ‘49, and Barbara A. (Giauque), ’51, Maxey
Mary A. (Norman) Newell, ’62
Kenneth H., ’71, and Kevin A. (Henry), ’71, ’74, Oltjenbruns, Ph.D.
Nicole R. Stob, Ph.D., ’00, ’04
Thomas L. Tonoli
Dr. Sharon P. (Pike) Walker, ’95
Clifford C. and Edith M. Welsh
Kareem and April D., ’05, Williams

Ann Livingston Scholarship
2007-2008
Kirk G. and Dawnetta L. (Turner), ’93, Earnest
Kathleen K. (Kaup) Pickering, ’82
2008-2009
Kirk G. and Dawnetta L. (Turner), ’93, Earnest

Kay Schaaake Scholarship
2007-2008
Alisa Ogden, ’79
Barbara A. (Zupancic) Overton, ’65
Dr. Sally J. Phillips, ’69
Harry W., ’64, and Gail M. (Matthews), ’69, Scobey

2008-2009
Julie K. (Hartman) Anderson, ’82, ’94
Dixie R. (Barber) Boyer, ’67
Linda S. Ishiguro, ’66
Dr. Sally J. Phillips, ’69
Harry W., ’64, and Gail M. (Matthews), ’69, Scobey

Congratulations to Our Undergraduate Scholarship Recipients
From left: Betsy Coniglio, Emily Schroeder, Rachel Trujillo, Rebecca Fick, Kelsey Todd, and Sean Creeden.

Kelly Walker-Haley Scholarship
2007-2008
Catherine A. Climp, ’69
David P. Hochstedler, ’99, and Beth A. Forbes
Mark L. Hunter, ’95
Donald G. Johnstone
Karen J. Jordenign
Gregory F., ’95, and Krislene Lorenz
Dr. Cecilia A. Martin
Kenneth H., ’71, and Kevin A. (Henry), ’71, ’74, Oltjenbruns, Ph.D.
Gabriel P., ’96, and Abby J. (White), ’02, Ortega
Neil F. and Kathleen (MacIsaac), ’67, Scherrer
George A. and Jacqueline R. Smith
Eric J. and Angela S. Walker
Jonathan M. and Ann M. Walker
Timothy D. and Betty J. Walker
Hugh H. and Ramona J. Wilson

2008-2009
Catherine A. Climp, ’69
James L. and Mary M. Hastert
Mark L. Hunter, ’95
Donald G. Johnstone
Karen J. Jordenign
Gregory F., ’95, and Krislene M. Lorenz
Dr. Cecilia A. Martin
Kenneth H., ’71, and Kevin A. (Henry), ’71, ’74, Oltjenbruns, Ph.D.
Elmer C. and Noreene Peterson
George A. and Jacqueline R. Smith
Kathleen Smith
Jonathan M. and Ann M. Walker
Timothy D. and Betty J. Walker
Jacqueline J. Weigand

Youth Sport Camps
2008-2009
Brian D. Butki
Sue M. (Klenke) Donnelly, ’81

Student Research Awards
The 25th Annual Epidemiologic Research Exchange was held in Denver and includes participants from throughout Colorado.

Ryan Donovan (’07 and new faculty member) and Matt Robinson (HES graduate student) were selected to present their research and were also chosen to compete for the student prize. Ryan was honored with the first place award, winning $100, and Matt took second place. They did a great job of presenting their work. Congratulations to their mentor, Tracy Nelson, as well.

The conference is sponsored by the Department of Preventive Medicine at the University of Colorado at Denver and Health Sciences Center, The Prevention Services Division of the Colorado Department of Health and Environment, and the departments of Environmental Health and Health and Exercise Science at Colorado State University.
If you are interested in participating in any of our current or future research studies, please contact the Department of Health and Exercise Science at (970) 491-5081.

Recipients of the American Heart Association grants, Adam Chicco and Tracy Nelson, share thoughts regarding a recently published manuscript.

American Diabetes Association: “Short-Term Sprint Interval Training and Metabolic Regulation in Adult Humans” ($273,471 over 3 years)
(Christopher Bell, Ph.D.)
Everybody knows that exercise is good for you, but many people don’t take regular exercise because they don’t think they have enough time. This study will focus on the potential health benefits of participating in short-term sprint interval training; just 16 minutes of exercise over two weeks may lower the risk for diabetes and other metabolic diseases.

Tubbs Snowshoe Company: “The Effects of Snowshoe Frame Design on the Biomechanics and Energetics of Walking with Snowshoes” ($111,872)
(Ray Browning, Ph.D.)
This study aims to quantify the biomechanics of walking with snowshoes and examine the effects of snowshoe frame design on the biomechanics of walking. During this experiment we will measure the lower extremity kinematics and metabolic rate of individuals as they walk over ground and on level, packed snow with two types of snowshoes. The data from this experiment will allow a description of the biomechanics of walking with snowshoes and the evaluation of the effectiveness of frame shape alterations in making walking with snowshoes more similar to overground walking.

American Heart Association: “Interaction of Cardiolipin and Fatty Acid Metabolism in the Failing Heart: Role in Mitochondrial Dysfunction” ($308,000 over 4 years)
(Adam J. Chicco, Ph.D.)
The overall goal of this project is to understand how changes in the metabolism of dietary fats influences the function of heart mitochondria, the energy-producing components of heart cells, and may contribute to the development and/or progression of heart failure and diabetic heart disease. A particular focus is on the role of cardiolipin, an essential constituent of mitochondrial membranes that plays an important role in cardiac energy production.

INVISTA: “Testing Shirt Clothing Fabric” ($131,257)
(Dale DeVoe, Ph.D., and Gay Israel, Ed.D.)
Consumers continue to seek active wear with thermal properties that provide perceptual comfort and product durability across a variety of activities and environmental conditions. This study tested seven different types of shirts across varying temperature and humidity ranges. The shirts either contained set amounts and formulations of phase change polymer material or no PCM as a control. The investigators and participants were blinded to the shirt composition throughout testing and all trials were conducted in the environmental chamber within the HPCRL. A variety of scientific equipment was used to monitor the physiological and perceptual responses of the participants throughout the walking, running, and sitting phases of various protocols. The results obtained thus far have shown some clear differences in physiological and perceptual responses induced by different PCM formulations under the same environmental and physical stress conditions. Kerry Jacques (2007 M.S. graduate) did an outstanding job as the research technician for the studies and Lacy Holowatz, Ph.D., from Penn State provided valuable insights as a consultant.

Caring for Colorado Foundation: “Heart Disease Prevention Program for the Medically Underserved” ($50,000)
(Gay Israel, Ed.D., and Tiffany Lipsey, M.S.)
This program provides access to the Heart Disease Prevention Program for 50 medically underserved adults in Larimer County. The HDPP is a high-quality screening for cardiovascular disease and counseling to improve CVD risk factors. Utilizing knowledge gained during the assessments and interventions, these individuals can take active roles in improving their own cardiovascular health and productivity and promote positive lifestyle changes in their families and their community. A Spanish translator is available for monolingual individuals as part of this funding. This funding is part of a continuing project that has aided more than 200 medically underserved individuals in Larimer County.

Continued collaboration with the Larimer County Department of Health and Environment, Health District of Northern Larimer County. Poudre Valley Health System, Family Medicine Center, Salud Family Health Center, DeYoung Family Medicine Clinic, Heart Center of the Rockies and other community primary care providers, who treat the underserved, aid in the facilitation of this project.

American Aeronautics and Space Administration Faculty Research Seed Grant: “Effects of Altered Immune T-Cell Function on Skeletal Muscle Satellite Cells” ($8,500)
(Simon J. Lees, Ph.D.)
It has been established from spaceflights as early as the Apollo and Skylab, that astronaut immunity is impaired both during and following spaceflight. Research from Spacelab 1 during the sixth mission of the Columbia space shuttle demonstrated that lymphocyte (T cells and B cells) proliferation is hindered from exposure to reduced gravity. More recent evidence suggests that the net effect of space flight (stress and microgravity) results in reduced T cell activation. Despite the importance of the immune system’s role in regulating skeletal muscle adaptation to exercise, very little is known about the specific regulatory mechanisms. Identification of specific molecules and delineation of these mechanisms will undoubtedly be a vital contributor to future interventions aimed at maintaining muscle mass in microgravity.

Shifter Corporation: “Effects of Decoupled Elliptical Training on Neuromuscular Responses” ($10,000)
(Co-PIs: Raoul F. Reiser, Ph.D., and Brian L. Tracy, Ph.D.)
The purpose of this study was to determine the effects of training on a novel exercise device on (1) the ability to coordinate reflex responses in the legs, (2) the ability to balance and produce leg forces symmetrically when jumping, (3) the ability to exert single-leg forces independently, and (4) muscle strength.

American Heart Association: “Association of the Lp-PLA2 Gene with Cardiovascular Mortality Among Hispanics and Non-Hispanic Whites” ($198,000 over 3 years)
(Tracy L. Nelson, Ph.D.)
Inflammation is an important process that occurs in response to injury; however, chronic low-grade inflammation may be a risk factor for cardiovascular disease. Lipoprotein-associated phospholipase A2 (Lp-PLA2) is an inflammatory factor that has been independently associated with cardiovascular disease outcomes including stroke. Little work, however, has been done to consider the factors that may regulate Lp-PLA2 levels. We propose to evaluate the Lp-PLA2 gene as a potential regulator of these levels among Hispanics, an understudied population, as well as non-Hispanic whites. Further, we will consider the association of this gene with deaths due to cardiovascular disease. The findings from this study may have important clinical implications for identifying individuals at increased risk for cardiovascular outcomes.
An important contributor to quality of life in aging is physical function sufficient for independent living. For aging adults who become frail the changes in the neuromuscular system that explain physical functional disability are not well described. Greater understanding of these changes will help target interventions designed to improve physical function in frail, disabled elderly adults. The purpose of this research is to (1) examine the role of impaired visuomotor processing in the control of force in frail elderly compared with healthy elderly adults, (2) determine the contribution of slowed brain processing and sensory degradation to impaired force control, (3) determine the functional consequences of impaired force control, and (4) determine some physiological mechanisms that underlie impaired force control in frail elderly – in small muscles of the hand and large muscles in the leg. These tests will provide valuable information about neural control of muscle in frail older adults.

National Institutes of Health-National Institute on Aging: Supplement to “Visuomotor Contributions to Unsteadiness in Frail Aging” ($40,487)
(Pls: Brian L. Tracy, Ph.D., and Leah N. Hitchcock, HES alumna)
This award provides salary, travel, and research funding for a full-time post-baccalaureate trainee in preparation for graduate school, devoted primarily to the research project described above. In addition to the research training experience, the purpose of this award is to explore the role of proprioceptive sensory feedback during muscle contractions performed by young adults, healthy elderly adults, and frail elderly adults.

National Institutes of Health-National Institute on Aging: “Translational Supplement to AG031255-01A10: Reducing Falls with RENEW in Older Individuals Who Have Fallen” ($67,792 over 2 years)
(Pls: Brian L. Tracy, Ph.D., and Paul C. Lastayo, Ph.D.)
In collaboration with the Physical Therapy Department at the University of Utah, this study will test if an eccentric exercise training program can improve impaired muscle control in older adults at risk for falling. Age-related impairments in the ability to control muscle force can be associated with increased fall risk. Impaired muscle force steadiness is most pronounced in older individuals during eccentric (lengthening) muscle actions. This project will help to determine the most effective type of strength training to improve function and reduce fall and injury risk in older adults.

Poudre Valley Foot and Ankle Clinic, Fort Collins “Nerve Decompression for Lower-limb Neuropathy: Neuropysiological and Functional Changes” ($10,000)
(Pls: Brian L. Tracy, Ph.D., Raoul F. Reiser, Ph.D.; Ray F. Browning, Ph.D.)
The purpose is to determine changes in ankle muscle control, balance, and physical functional ability after nerve decompression surgery in the lower limb. Diabetes often produces neuropathy, a debilitating health problem that can lead to amputation. The neuropathy is often due to nerve compression at anatomical entrapment sites in the lower leg, which can be relieved with outpatient surgery similar to carpal tunnel syndrome surgery at the wrist. This project will describe for the first time how the improved nerve function reduces the disability of neuropathy.

Colorado Injury Control Research Center Small Grant Program: “The Effects of Aging on Ankle Muscle Properties and the Control of Balance” ($15,000)
(Pl: Raoul F. Reiser II, Ph.D.; Co-I: Brian L. Tracy, Ph.D.)
Normal aging results in neuromuscular decline that reduces a person’s ability to perform activities of daily living. This decline is due to changes within muscle, tendon, and the nervous system. For example, typical changes with age include reductions in muscle strength and power, a redistribution of muscle fiber typing to predominantly slow-twitch, shifts to different regions of the muscle’s force-length property, and a reduction in contractile speed (slowing of the twitch response to produce force and slowing of force termination). The goal of this project is to investigate how these changes affect our abilities to recover balance. Balance is challenged by releasing a cable that pulls horizontally at a person’s waist. In addition to experiments measuring how people react, musculoskeletal modeling is being performed so that the above age-related changes can be examined both individually as well as collectively. These results will help direct appropriate intervention strategies to reduce the likelihood of a fall.

National Institutes of Health-National Institute on Aging: “Visuomotor Contributions to Unsteadiness in Frail Aging” ($132,300 over 2 years)
(Brian L. Tracy, Ph.D.)
Individuals Who Have Fallen” ($67,792 over 2 years)
(PIs: Brian L. Tracy, Ph.D., and Paul C. Lastayo, Ph.D.)
This award provides salary, travel, and research funding for a full-time post-baccalaureate trainee in preparation for graduate school, devoted primarily to the research project described above. In addition to the research training experience, the purpose of this award is to explore the role of proprioceptive sensory feedback during muscle contractions performed by young adults, healthy elderly adults, and frail elderly adults.

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Poudre Valley Foot and Ankle Clinic, Fort Collins “Nerve Decompression for Lower-limb Neuropathy: Neuropysiological and Functional Changes” ($10,000)
(Pls: Brian L. Tracy, Ph.D., Raoul F. Reiser, Ph.D.; Ray F. Browning, Ph.D.)
The purpose is to determine changes in ankle muscle control, balance, and physical functional ability after nerve decompression surgery in the lower limb. Diabetes often produces neuropathy, a debilitating health problem that can lead to amputation. The neuropathy is often due to nerve compression at anatomical entrapment sites in the lower leg, which can be relieved with outpatient surgery similar to carpal tunnel syndrome surgery at the wrist. This project will describe for the first time how the improved nerve function reduces the disability of neuropathy.

Faculty Awards, Honors

Frank Dineno received the 2008 Cardiovascular Section New Investigator Award from the American Physiological Society.
Kathy Hutcheson received the Jack E. Cermak Advising Award – the most prestigious honor given for academic advising at CSU.
Gay Israel was honored by the College of Health and Human Performance at East Carolina University, where he served on the faculty from 1981-1996. He was included as a Distinguished Faculty member on the college’s new honor wall.
Raoul Reiser, a doctoral graduate of Colorado State’s Department of Mechanical Engineering, is one of the faculty members involved in the new School of Biomedical Engineering. Reiser’s research is in musculoskeletal biomechanics, investigating the prevalence and significance of lower extremity bilateral asymmetries in relation to both injury and performance.

We are proud of faculty and staff receiving College and Alumni Association awards and honors over the past two years:

2007 Recipients: (from left) Kathy Hutcheson, Outstanding Adviser; Matt Hickey, Outstanding Teacher; Sheri Linnell, Superior Service.

2008 Recipients: (from left) Brian Butki, CSU Alumni Association’s Outstanding Teacher, and College of Applied Human Sciences Award recipients Karyn Hamilton, Tenure-Track Faculty Scholarly Excellence Award; Matt Hickey, Superior Faculty Service; and Leslie Butler, Superior Staff Service. Leslie was also the recipient of the University’s Outstanding Achievement Award.

Colorado Injury Control Research Center Small Grant Program: “The Effects of Aging on Ankle Muscle Properties and the Control of Balance” ($15,000)
(Pl: Raoul F. Reiser II, Ph.D.; Co-I: Brian L. Tracy, Ph.D.)
Normal aging results in neuromuscular decline that reduces a person’s ability to perform activities of daily living. This decline is due to changes within muscle, tendon, and the nervous system. For example, typical changes with age include reductions in muscle strength and power, a redistribution of muscle fiber typing to predominantly slow-twitch, shifts to different regions of the muscle’s force-length property, and a reduction in contractile speed (slowing of the twitch response to produce force and slowing of force termination). The goal of this project is to investigate how these changes affect our abilities to recover balance. Balance is challenged by releasing a cable that pulls horizontally at a person’s waist. In addition to experiments measuring how people react, musculoskeletal modeling is being performed so that the above age-related changes can be examined both individually as well as collectively. These results will help direct appropriate intervention strategies to reduce the likelihood of a fall.

National Institutes of Health-National Institute on Aging: “Visuomotor Contributions to Unsteadiness in Frail Aging” ($132,300 over 2 years)
(Brian L. Tracy, Ph.D.)
An important contributor to quality of life in aging is physical function sufficient for independent living. For aging adults who become frail the changes in the neuromuscular system that explain physical functional disability are not well described. Greater understanding of these changes will help target interventions designed to improve physical function in frail, disabled elderly adults. The purpose of this research is to (1) examine the role of impaired visuomotor processing in the control of force in frail elderly compared with healthy elderly adults, (2) determine the contribution of slowed brain processing and sensory degradation to impaired force control, (3) determine the functional consequences of impaired force control, and (4) determine some physiological mechanisms that underlie impaired force control in frail elderly – in small muscles of the hand and large muscles in the leg. These tests will provide valuable information about neural control of muscle in frail older adults.

National Institutes of Health-National Institute on Aging: Supplement to “Visuomotor Contributions to Unsteadiness in Frail Aging” ($40,487)
(Pls: Brian L. Tracy, Ph.D., and Leah N. Hitchcock, HES alumna)
This award provides salary, travel, and research funding for a full-time post-baccalaureate trainee in preparation for graduate school, devoted primarily to the research project described above. In addition to the research training experience, the purpose of this award is to explore the role of proprioceptive sensory feedback during muscle contractions performed by young adults, healthy elderly adults, and frail elderly adults.

National Institutes of Health-National Institute on Aging: “Translational Supplement to AG031255-01A10: Reducing Falls with RENEW in Older Individuals Who Have Fallen” ($67,792 over 2 years)
(Pls: Brian L. Tracy, Ph.D., and Paul C. Lastayo, Ph.D.)
In collaboration with the Physical Therapy Department at the University of Utah, this study will test if an eccentric exercise training program can improve impaired muscle control in older adults at risk for falling. Age-related impairments in the ability to control muscle force can be associated with increased fall risk. Impaired muscle force steadiness is most pronounced in older individuals during eccentric (lengthening) muscle actions. This project will help to determine the most effective type of strength training to improve function and reduce fall and injury risk in older adults.

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Top Amateur Triathletes Hail From CSU

Mader Wins World’s Female Ironman Championship

Wendy Mader (M.S. ’99, Wellness Management) remembers her run last October down Ahii Drive in Kona, Hawaii, toward the finish line in the 2008 Ford Ironman World Championship. “I felt so strong, even with those headwinds,” says Mader. “I knew it was going to be my day.”

And at the age of 35, Mader focused on doing something extraordinary – flying over the finish line at the 2008 Ford Ironman World Championship to become the top female amateur Ironman triathlete in the world. Mader completed the grueling event in 9 hours, 53 minutes, 51 seconds – 47.28 behind women’s champion Chrissie Wellington, a 31-year-old professional triathlete from Thetford, England.

“You’re running down Ahii Drive, 4,000 people are cheering for you, and you know you’re winning,” Mader says. She easily broke the barrier of 10 hours (the standing record), finishing in 9:53, setting a course record for her age group. She had swum 2.4 miles, biked 112, and run 26.2. Mader was the fastest woman in the swim and the run in her age group.

Mader coaches the local Rocky Mountain High School women’s and men’s swim teams and hopes to someday start a high school triathlon program. Mader has the experience to pioneer and teach such a program – she coaches the CSU Triathlon Club. She also offers personal training and teaches private swim lessons at the Fort Collins Health Club.

Triathlete Fuels Olympic Success as Coach, Sport Dietitian

Bob Seebohar (B.S. ’95, M.S. ’00) was living his dream at the 2008 Olympics in Beijing as a sport dietitian for the U.S. Olympic Committee and for the USA Triathlon and as personal coach to Sarah Haskins-Kortuem, Olympic triathlete.

While in China, Seebohar was responsible for helping athletes improve their performance through nutrition and worked with all endurance-based sports such as triathlon, rowing, and biathlon. “My biggest impact was helping athletes understand how to properly time their nutrient consumption to meet their two- to five-per-day training sessions and helping them understand instinctual eating and move away from calorie counting,” he says.

Seebohar has competed in more than 100 events, most notably six Ironman triathlon races, the Boston Marathon, the Leadville 100-mile mountain bike race, and the Leadville 100-mile trail running race. “I received my undergraduate degree in health promotion and worked in the ‘real world’ for three years before returning to CSU for graduate school,” he says. “It was then when I knew exactly what I wanted to do – be a coach and sport dietitian – and set my sights on being the best I could be.”

While in graduate school, he coached the CSU women’s club soccer team, who won the national club championship the first year he coached them. Seebohar’s wife, Wendy, is also an HES graduate (B.S. ’96). He says, “My degrees from CSU were truly the springboard for being a successful coach and sport dietitian.” For more information, visit http://fuel4manceblog.blogspot.com.

Please Send Us Your News!

As we keep you informed regarding news within the Department of Health and Exercise Science, we would also like to stay abreast of what you are doing. We will publish Alumni News in an upcoming Alumni Messenger! Please take a moment to complete the form below to send us news about yourself.

To update your address, go to: https://advancing.colostate.edu/ALUMNI/UPDATEFORM

Complete and mail the following information to:
Department Head; Department of Health and Exercise Science;
Colorado State University, Fort Collins, CO 80523-1582;
FAX: (970) 491-0216; E-mail: israel@cahs.colostate.edu

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The Department of Health and Exercise Science

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Note: If you are interested in learning more about how you can contribute to one of the many strategic initiatives of the
Department of Health and Exercise Science, please contact Gay Israel at (970) 491-3785 or israel@cahs.colostate.edu.
Homecoming Race …
Continuing an HES Tradition

For the past two years, the weather has not cooperated quite so well for the Homecoming Race as it has in the past, but plenty of hardy runners and walkers came out anyway. We were greeted with temperatures in the teens and snow on the ground as we set up for the event. Despite the weather, we had another great turnout. Of approximately 1,800 registrants, more than 1,000 people braved the cold and snow and finished the 3.1 mile run/walk. A good time was had by all, even the race workers!

In 2007, we started a new tradition of a traveling trophy for the residence hall floor with the greatest percentage of students in the race. Last year, our own Academic Learning floor in Corbett D-200 wing, consisting only of HES majors, won the prize. They were rewarded with a pizza party courtesy of the department.

Despite the cold and snowy weather, a large number of children turned out for the two kids’ fun runs. We offered a one-Oval lap course for the younger kids, and a two-lap course for the older kids. They were delighted that Cam the Ram was there to start the races. Finishers got a ribbon, a balloon, and a high-five from Cam.

While the date for next year’s Homecoming Race is not yet set, we’re already hoping for warmer weather. Whatever the case, we anticipate another great turnout, so come join us!

We very much appreciate the support of the 2008 and 2009 race sponsors who helped make the race a successful event!

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www.hes.cahs.colostate.edu/homecoming