

USOC International Altitude Training Symposium

Colorado Springs, Colorado, USA

Wednesday 21 October – Friday 23 October 2009



SYMPOSIUM OBJECTIVES:

1. To bring together athletes, coaches and sport scientists who have a keen interest in the practical application of altitude training for the enhancement athletic performance.
2. To present cutting edge research on the applied aspects of altitude training.
3. To discuss practical strategies on how to utilize altitude training in preparation for the Vancouver 2010 Olympics and the London 2012 Olympics.
4. To nurture collaborative research efforts among athletes, coaches and sport scientists for the purpose of understanding altitude training as it applies to athletic performance.

PROGRAM:

Wednesday 21 October . . . Mt. Everest

- 3:00 pm Registration
- 4:00 Welcome and Symposium Overview
 Dr. Randy Wilber, PhD
 US Olympic Committee
- 4:30 Open Forum
- 5:00 Mt. Everest: A Woman's View of the Summit from Nepal and Tibet
 Ellen Miller
- 6:30 Reception

Thursday 22 October . . . Hot Topics in Altitude Training

- 8:30 am Hematological and Non-Hematological Effects of Altitude Training
 Dr. Christopher Gore, PhD
 Australian Institute of Sport
- 10:30 Integration of the Hypoxic Dose and Training Dose
 Dr. Jim Stray-Gundersen, MD
 S-G Alter-G Center

Thursday 22 October . . . Altitude Training Around the World

- 2:00 pm Altitude/Hypoxic Training: The Canadian Model
 Dr. David Smith, PhD
 University of Calgary
- 3:00 pm Altitude/Hypoxic Training: The New Zealand Model
 Dr. John Hellems, MD
 New Zealand Academy of Sport
- 4:00 pm Altitude/Hypoxic Training: The Kenyan Model
 Dr. Randy Wilber, PhD
 US Olympic Committee

Friday 23 October . . . Best Practices by Elite Coaches and Athletes

- 8:30 am Altitude/Hypoxic Training in the Preparation of Elite US Swimmers
Coach Bob Bowman
USA Swimming
- 9:30 am Altitude/Hypoxic Training in the Preparation of Elite US Nordic Skiers
Coach Dave Jarrett
USA Nordic Combined

USA Nordic Combined Olympic Athlete Bill Demong
2009 World Champion
- 10:30 am Altitude/Hypoxic Training in the Preparation of Elite US Distance Runners
Coach Terrence Mahon
USA Track and Field

USA Track and Field Olympic Athlete TBD
2004 Olympic Medalist
- 3:00 pm Tour of the US Olympic Training Center

COST:

Professional USD 175
Student USD 125

REGISTRATION:

OPENS 1 May 2009 <http://www.usolympicteam.com/event> (or contact Dr. Randy Wilber at randy.wilber@usoc.org)
CLOSES 1 October 2009

AIR TRAVEL and GROUND TRANSPORT:

Denver International Airport (DEN) Airport car rental and drive to Colorado Springs (approximately 1.5 hr)

Colorado Springs Airport (COS) Connects with several major US cities including Denver
Airport shuttle provided by Symposium Host Hotel (Doubletree WA)
Airport shuttle not provided by most other hotels
Additional ground transport via airport car rental and taxi

SYMPOSIUM HOST HOTEL:

Doubletree World Arena Hotel
1775 East Cheyenne Mountain Boulevard
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-576-8900
Fax: + 1 – 719-527-4602
www.coloradospringsworldarena.doubletree.com

ALTERNATE HOTELS

All of the following hotels are within 1000 m of the Symposium Host Hotel and several restaurants.

La Quinta Inn and Suites

2750 Geyser Drive
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-527-4788
Fax: + 1 – 719-527-4789
<http://www.lq.com>

Hampton Inn and Suites

2910 Geyser Drive
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-884-0330
Fax: + 1 – 719-884-0331
<http://hamptoninn.hilton.com>

Residence Inn by Marriott

2765 Geyser Drive
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-576-0101
Fax: + 1 – 719-576-4848
<http://www.marriott.com>

Fairfield Inn by Marriott

2725 Geyser Drive
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-576-1717
Fax: + 1 – 719-576-4747
<http://www.marriott.com>

Crowne Plaza

2886 S Circle Drive
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-576-5900
Fax: + 1 – 719-576-7695
<http://www.crowneplaza.com>

Courtyard by Marriott

2570 Tenderfoot Hill Street
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-226-5006
Fax: + 1 – 719-226-5007
<http://www.marriott.com>

Comfort Inn

1410 Harrison Road
Colorado Springs, Colorado 80906 USA
Phone: + 1 – 719-579-6900
Fax: + 1 – 719-579-0897
<http://www.comfortinn.com>

Best Western Executive Inn and Suites

1440 Harrison Road
Colorado Springs, Colorado 80905 USA
Phone: + 1 – 719-576-2371
Fax: + 1 – 719-576-4947
<http://book.bestwestern.com>