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 of athletic performance.
2. To present cutting edge research on the applied aspects of altitude training.
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:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>3:00 pm</td>
<td>Registration</td>
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<tr>
<td>4:00</td>
<td>Welcome and Symposium Overview</td>
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<tr>
<td></td>
<td>Dr. Randy Wilber, PhD</td>
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<td>US Olympic Committee</td>
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<td>4:30</td>
<td>Open Forum</td>
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<td>5:00</td>
<td>Mt. Everest: A Woman's View of the Summit from Nepal and Tibet</td>
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<td>Ellen Miller</td>
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<td>6:30</td>
<td>Reception</td>
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Thursday 22 October . . . Hot Topics in Altitude Training
8:00 am  Hematological and Non-Hematological Effects of Altitude Training
Dr. Christopher Gore, PhD
Australian Institute of Sport

9:30 am  Integration of the Hypoxic Dose and Training Dose
Dr. Jim Stray-Gundersen, MD
S-G Alter-G Center

11:00 am  De-Acclimatization from Altitude: Implications of the “Off Response” for Sports Performance After Return to Sea Level
Dr. Ben Levine, MD
University of Texas Southwestern Medical 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 Hellemans, 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  
CLOSES 1 October 2009  
Link: [USOC International Altitude Training Symposium](#)  
Or contact Dr. Randy Wilber: randy.wilber@usoc.org  

**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](http://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](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](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](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