

# 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**

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

#### 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 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

Link: [USOC International Altitude Training Symposium](#)  
 Or contact Dr. Randy Wilber: [randy.wilber@usoc.org](mailto: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](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>

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>