



4th Annual ISEMPH Meeting

Wed–Sat, August 1-4, 2018 ~ Park City, Utah, USA

INFORMATION TO GET THE MOST OUT OF YOUR TIME AT THE 2018 ISEMPH MEETING

(Topics in arbitrary order of interest/importance)

RIDE-SHARING FROM SLC AIRPORT TO PARK CITY

Rick Henriksen created a closed [Facebook Group](#) for anyone interested in finding folks to share ground transportation up to Park City. All Facebook members can join by clicking on the link asking to join the group. Once you're in, you're on your own. Good luck!

PRE-CONFERENCE: EVOLUTION AND WILDERNESS MEDICINE – WED, AUG 1ST 8:00AM–3:30PM

There is still space available for the pre-conference. Check out the [Program Schedule](#). If your schedule allows consider [registering today!](#)

HIKING! — While you are in Park City, you must get out and see the mountains! While you can schedule a chairlift, if you're physically fit, consider walking up and down the mountain. You have options!

HIKE FOR EARLY ARRIVALS – WED, AUG 1, 2:00–4:00PM

Please plan to meet in the DoubleTree hotel lobby by 1:45pm, and you will depart directly from there. Please [sign up](#) as it would really help us out to know how many volunteers are needed to help lead the hike. The trail will be up Armstrong Trail and then finish at the Park City Mountain Resort. [Here is a link to the route.](#)

SUNRISE HIKES – THU, AUG 2 & FRI, AUG 3, 6:15–7:15AM

On Thu and Fri mornings, you can begin your day with an exercise hike along the old rail trail or the multiuse trail up in Old Town Park City. Please plan to meet in the DoubleTree hotel lobby by 6:10am, and you will depart directly from there. Please [sign up](#) for these hikes if you are interested.

DINNER GROUPS – THU, AUG 2 & FRI, AUG 3 @ 6:30PM

To help foster friendship and community, we are offering (optional) group dinners on Thursday and Friday nights. The groups will meet in the DoubleTree hotel lobby at 6:30 PM, and then head to dinner. The restaurant will be selected by the group leader and will be listed when the location is known. Please follow this [link](#) to sign up! If this becomes popular, we can open it up for more groups.

CONFERENCE MEALS AND DIETARY RESTRICTIONS

The Wed evening reception, continental breakfasts each morning, box lunches on Thu and Fri, and Sat night banquet are included in all professional registration fees (and for students and others who purchased a meal pass). If you have special dietary restrictions, please [email Janice](#) so she can pass your name and information to the hotel's banquet staff.

YOGA – THU, FRI, & SAT, AUG 2, 3, & 4 @ 6:15AM

Whether you are a beginner or an advanced practitioner you will love this early morning experience with massage-like hands-on assists and personal stretching. Sue will work with you wherever you are on your "yogic journey" and make it a magical blissful experience! "Start your day the yogi way!" *(Classes offered by Park City Spa Yoga. Yoga mats will be provided.)*

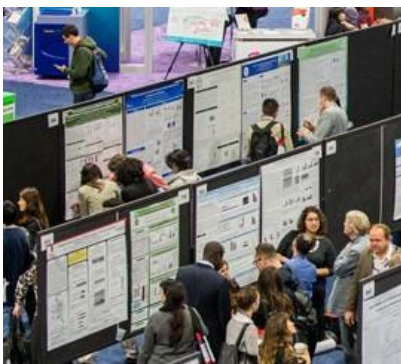
BANQUET & CELEBRATION – SAT, AUG 4, 6:30PM

If you wish to purchase guest tickets for the Saturday evening event, please [email Janice](#) by Mon, July 23rd so she can order additional dinners. The cost is \$70.00 per person. We cannot guarantee tickets for anyone who does not request a meal before the cut-off date. Those who do not have a ticket for dinner may join the group at 8:30pm for music and dancing!

ALTITUDE SICKNESS & TIPS TO PREVENT IT

The base of Park City Mountain Resort is 6,900 ft and it goes up from there. Altitude sickness or acute mountain sickness is a disorder resulting from lower oxygen availability at altitude, because of decreased atmospheric pressure. It can occur at altitudes higher than 5,280 ft, and is a problem most commonly at altitudes over 8,000 ft. The most common symptom is a headache. This can be accompanied by stomach upset, fatigue/weakness, dizziness, and/or difficulty sleeping. The symptoms may start 12-24 hours after reaching altitude. The effects of some medications can be greatly increased at higher altitudes. **TIPS:** Stay hydrated. Limit alcohol and the use of sedatives. Seek medical attention if you have headache and any of the following: GI upset, dizziness or sleep disturbance.

POSTER DIMENSIONS & SET-UP AND TAKE-DOWN: WED, AUG 1, 9:00–10:00PM OR THU, AUG 2, 6:00–7:45AM



Poster maximum dimensions are 46" x 46". The poster's title should be large enough to be read from approx 10 ft away. Please include all authors. You may provide handouts and business cards; in fact, you're encouraged to do so! (*Pushpins will be provided.*)

Posters should be taken down within one hour after the session ends, i.e. 6:30 to 7:30 pm on Fri, Aug 3rd.
(*Posters not removed will be discarded.*)

POSTER (FLASH) TALKS – FRI, AUG 3, 3:15–3:45PM

The goal of flash talks is to preview posters with a very brief statement of the main question and main conclusion. Each talk will be between 120-150 seconds, depending on how many additional requests we receive. Each talk should consist of two JPG images. One should have the poster title, your name, and affiliation. The other should be an image with data or your conclusion. The best flash talks have a simple message and a simple vivid image. Please email [Joe and Janice](#) to request one of the remaining slots. (*Load your images on a flash drive that will be given to the AV technician by 12:00pm on Fri, Aug 3rd.*)

POSTER PRESENTATIONS – FRI, AUG 3, 4:45–6:15PM

Each poster has been assigned one (of three) 30-minute slots. Presenters are expected to remain at their posters during these scheduled times. This format will allow non-presenters to visit a minimum of three (3) presentations if they choose.

PLATFORM (ORAL) PRESENTATIONS

Oral presentations are 15 minutes total, including 1 minute for changeover and introduction by the session chair, and 2-4 minutes for questions, so your talk should be 10-12 minutes. When 14 minutes has elapsed, the chair will stand next to you, and at 15 minutes they will introduce the next speaker. Please save your PPT presentation on a flash drive and give it to the AV technician at least 4 hours before you're scheduled to speak.

BOOK EXCHANGE – WED, AUG 1 @ WELCOME RECEPTION

While planning this meeting, we found ourselves delving deeply into the subject of "connection," in the age of social media, and how to create an environment that encourages people to meet one another and ideally form lasting relationships. The topic of BOOKS came up, and how it's possible to have strong connections to books, especially those that have inspired and profoundly touched us. We digressed and a lively discussion ensued. "*Have you read...?*" "*If you liked that book, you'll love...*" An idea was born!

As a novel icebreaker and way to meet other attendees on the first night in Park City, we thought it would be fun to have a Book Exchange. By taking part in this activity, you will share something meaningful about yourself before even speaking a word.

How It Will Work:

- 1) Select and secure a new or like-new copy of a book (fiction or nonfiction) that matters to you—personally and/or professionally:
 - A book that touched you deeply the first time you read it and that you go back to again and again
 - A collection of inspiring essays or poems
 - A biography of someone who blazed the trail on which you walk
 - A book about a culture or land you have visited, or one from the past you wish you could have
 - A classic that woke you up or changed the way you look at the world
 - Simply good, entertaining literature
 - You get the idea...
- 2) Print and complete the 'bookplate' (*next sheet*) and put it inside the book you are gifting. Make a duplicate copy. (We will use that copy to compile a list of the titles everyone brings and distribute it for all to enjoy.)
- 3) Drop off the book – and extra bookplate – at the meeting Registration Desk when you first check in. You will be given a receipt which you will exchange for a random book at the reception.
- 4) At this point you'll be on your own! You can seek out the person who brought the book, trade it with a willing participant, etc.

Don't miss out on the fun!



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BOOK TITLE:

FROM THE LIBRARY OF:

I first read this book in *(year and/or age)*: _____

This book is meaningful to me because:

I live in *(City/State/Country)*: _____

Email Address *(optional)*: _____

*"Without words, without writing and without books there would be no history,
there could be no concept of humanity."
— Hermann Hesse*



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