

## Congress venue and Travel information

All the lectures will take place in the **Piave Auditorium**, Via Fortunato Zeni, 8, 10 min walking from Rovereto Train Station.

Located in the northern of Italy, between the Garda Lake and the Dolomites, Rovereto can be reached by train (see [www.trenitalia.it](http://www.trenitalia.it) for train schedules) or by car (A22 Highway). The airports nearest to Rovereto are Verona (90 km), Venezia (125 km) and Milano (245 km).

Congress information:

[www.cerism.it](http://www.cerism.it)  
[cerism@univr.it](mailto:cerism@univr.it)

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# 6<sup>th</sup>

# International Congress Mountain, Sport & Health

Updating study and research  
from laboratory to field

12-13 November 2015 Rovereto (TN) Italy



UNIVERSITY  
OF VERONA



COMUNE DI  
ROVERETO

Partner:



Sponsor:



Abstract submission



Congress registration



ORGANIZING SECRETARIAT

CeRiSM – University of Verona

v. Matteo del Ben, 5b - 38068 Rovereto TN, Italy

phone: +39 0464 483511

[www.cerism.it](http://www.cerism.it) - e-mail: [cerism@univr.it](mailto:cerism@univr.it)



## Thursday, 12 November

- 9.00 - 9.30** Registration
- 9.30 - 11.30** Thematic session 1 - **Performance and fatigue in ultraendurance sport**  
Guillaume Millet (Calgary, CAN) - *Relationship between neuromuscular fatigue and performance in ultra-trail running*  
Samuele Marcora (Kent, UK) - *The limit to ultra-endurance performance: mind or muscle?*  
Gianluca Vernillo (Milano) - *Fatigue-induced changes on uphill locomotion after an extreme mountain ultra marathon*  
Gennaro Boccia (Torino) - *Central and peripheral fatigue in lower and upper limbs after a cross-country ski race*
- 11.30 - 11.45** Coffee break
- 11.45 - 12.00** Official opening
- 12.00 - 13.00** KEYNOTE LECTURE  
Paolo Cerretelli (Milano) - *Metabolic aspects of human performance at altitude. A holistic approach*
- 13.00 - 14.30** Lunch & Poster session
- 14.30 - 16.00** DEBATE - **Endurance training between innovation and tradition**  
Stephen Seiler (Kristiansand, NOR) - *Polarized training*
- 16.00 - 16.15** Coffee break
- 16.15 - 18.15** Thematic session 2 - **Training and recovery**  
Vesa Linnamo (Jyväskylä, FIN) - *New monitoring approaches for improving athlete's performance*  
Mariafrancesca Piacentini (Roma) - *Optimal pacing during competition: the young the elite and the master athlete*  
Cantor Tarperi (Verona) - *Muscle eccentric training for endurance running performance*  
Laurent Mourot (Besancon, FRA) - *Heart rate and heart rate variability: still useful for training monitoring?*  
Maurizio Fanchini (Verona) - *Specific strength in sport climbing disciplines*
- 20.00** Social dinner

## Friday, 13 November

- 9.00 - 10.30** Workshop - **Can research support outdoor sport development?**
- 10.30 - 10.45** Coffee break
- 10.45 - 12.30** Thematic session 3 - **Adaptations to hypoxia**  
Carlo Capelli (Verona and Oslo, NOR) - *Effects of physical training and high altitude exposure on oxidative metabolism and muscle composition in humans*  
Elisa Calabria (Verona) - *Mitochondrial bioenergetics and response to high altitude*  
Gian Luca Salvagno (Verona) - *Biomarkers of efforts and damage in endurance sport*
- 12.30 - 13.30** Short presentation of posters ( 2 slides)
- 13.30 - 14.30** Lunch & Poster session
- 14.30 - 16.30** Thematic session 4 - **Biomechanics support to elite athletes**  
Chiara Milanese (Verona) - *Error amplification strategy for correcting the technical errors*  
Barbara Pellegrini (Rovereto) - *Cross country skiing from center of mass point of view*  
Leonardo Tartaruga (Porto Alegre, BRA) - *Biomechanics of walking: combined effects of speed, slope and load*  
Andrea Zignoli (Rovereto) - *What virtual modeling can tell us about bioenergetics and biomechanics of cycling*
- 16.30 - 17.00** Best poster award and closing remarks

## The congress

**Mountain, Sport, & Health** will offer an updated panorama, from laboratory experimental studies to the application on day to day practice, on different topics related to mountain sport activities and their impact on human performance and health.

## Call for ABS

Abstract for **poster presentation** on the congress topics are welcome. The deadline for abstract submission is October 20th 2015.

Additional information and submission: [www.cerism.it](http://www.cerism.it)



## YIA

Young researcher awards will be assigned to researchers under 40 years of age for the best poster presentation selected on the basis of originality, quality and applicability of the work

## Congress fees

	Early	On site
Full registration	150 Euro	250 Euro
Students	100 Euro	100 Euro

## Congress language

The official language of presentation and all written material is English

## Important dates

<b>Abstract</b>	Submission	Oct 30, 2015
	Notification	Nov 3, 2015
<b>Registration</b>	Early	Nov 5, 2015
	On site	Nov 6-12, 2015