

Dear Distinguished Researchers, Outstanding Scientists, and Colleagues,

We are honored to invite you to participate in the 1st International Symposium on "Lactate, A Phoenix Rising in Exercise Physiology" hosted by Sport Sciences Research Institute of Iran on **Monday October 11, 2021 from 9:00 AM to 3:00 PM** Iran Standard Time (IRST).

The link for joining the room of the symposium is:

<https://session.ssrc.ac.ir/lactate>

The link will be activated on the day of the symposium, please try to enter the room as a guest (typing your exact name). Below you could find the scene:

Potential keynote speakers:

Name	Time	Affiliation	Approved Keynote Title
Abbas Ali Gaeini	۰۹,۳۰ – ۰۹,۴۵	Professor of Exercise Physiology, Faculty of Physical Education and Sport Sciences, University of Tehran, Iran	Chair
Neda Khaledi	۰۹,۴۵ – ۱۰,۰۰	Ph. D. Associate Professor of Sport Physiology, Faculty of Physical Education and Sport Sciences, Kharazmi university, Tehran, Iran	An Introduction on Lactate and Phoenix
George Brooks	۱۰,۰۰ – ۱۰,۳۰ AM	Ph.D. FACSM, FAPS, FECSS Professor of Integrative Biology, University of California, Berkeley	Lactate Shuttling During Rest, Exercise and after Carbohydrate Nutrition.
David Bishop	۱۰,۳۰ – ۱۱,۰۰ AM	Professor Institute for Health and Sport, VICTORIA UNIVERSITY PO Box ۱۴۴۲۸, Melbourne VIC ۳۰۰۱, Australia	The role of lactate in stimulating adaptations to training
Coffee Break	۱۱,۰۰ – ۱۱,۱۵ AM		
Rohollah Nikooie	۱۱,۱۵ – ۱۱,۴۵ AM	Associate Professor, Department of Exercise Physiology, Faculty of Physical Education and Sport Science, Shahid Bahonar University of Kerman, Kerman, Iran.	Lactate as a Key Metabolic Intermediate in Diabetes – Redox-Dependent Gene Expression Regulation by Lactate
Inigo San Millan	۱۱,۴۵ AM – ۱۲,۱۵ PM	PhD, Assistant Professor, University of Colorado - Colorado Springs	Lactate Testing in Athletes
Lunch Break	۱۲,۱۵ – ۱۳,۳۰		
L. Bruce Gladden	۱۳,۳۰ – ۱۴,۰۰	President, American College of Sports Medicine (۲۰۲۱-۲۰۲۲), Editor-in-Chief, Medicine & Science in Sports & Exercise, School of Kinesiology, Auburn University, Auburn, AL ۳۶۸۴۹	Red Blood Cell versus Plasma Concentration: An Overlooked Problem in Lactate Measurement
Online Q/A session	۱۴,۰۰ – ۱۴,۵۰		
Conclusion session	۱۴,۵۰ – ۱۵,۰۰		