

**The Society for Industrial Archeology 2010 Annual Conference in Colorado Springs, CO
June 3-6, 2010
Industry on the Frontier
Conference at a Glance**

Notes about tours:

- **Weather:** Please remember that Colorado weather can change rapidly. Dress appropriately in layers and bring a sweater or light jacket. Have appropriate footwear for the type of tour you have chosen. The day to night temperature swing can average 30-40 degrees on good weather days. A couple of the tours will be going to areas that can be colder. The Thursday Night reception will be exposed to the outdoors at times.
- **Altitude Sickness:** Colorado Springs is at an elevation of 6,035 feet and depending on the tour it will be possible that you will be as high as 14,110 feet. It is important that you prepare your body for the effects of altitude.
Please read the page (on back) about altitude sickness.
- **Hard Hats/Safety Glasses:** Hard Hats are required for the Steel City Tour on Thursday (T2), the Manufacturing Tour on Friday (F3), and the Steel City Tour on Friday (F4). Please be sure to bring your own safety equipment, as most stops will not have enough hard hats or safety glasses.
- **Closed Toe Shoes:** Closed toe shoes are required for all the Thursday tours (except the city streets walking tour) and all the Friday tours as well as the Sunday bike and horseback tours.
- **Photography Restrictions:** On the Steel City Tours on Thursday (T2) and Friday (F4), the Springs Fabrication tour on Friday (F3) and some Air Force areas on the Thursday Up and Away Tour (T3).

Conference registration & information desk hours at the Hilton-Antlers Hotel

Wednesday June 2, 2010: **(6:00pm - 8:00pm)**

Thursday June 3, 2010: **(6:45am - 6:00pm)**

Friday June 4, 2010: **(6:45am - 6:00pm)**

Saturday June 5, 2010: **(7:30am - 5:00pm)**

Events on Thursday, June 3, 2010

Thursday Tours

Tour 1-Pikes Peak or Bust **(7:30am - 5pm)**

Tour 2-Steel City: Mills and Men **(7:30am - 5pm)**

Tour 3-Up & Away-Aircraft Museum **(7:30am - 5pm)**

Tour 4-City Streets Hist. Walking Tour **(1pm - 5pm)**

Photography Workshop **(8:30am -12 Noon)**

Welcoming Reception **(6:30pm - 9pm)**

Lecture: **(7pm-8pm)**, Stamp Mill Running: **(8pm - 9pm)**

Events on Saturday, June 5, 2010

Paper Sessions

Bridges: **(9am)**; Railroads: **(9am)**

Colorado: **(10:30am)**; IA Everywhere I: **(10:30am)**

Business Luncheon: **(12 Noon - 2pm)**

Colo./Utah: **(2:30pm)**; IA Everywhere II: **(2:30pm)**

TICCIH, SIA & wider world of Global IA: **(4pm)**

Banquet & Entertainment: Cocktails: **(6pm - 7pm)**

Dinner: **(7pm - 8:30pm)**; TJ Casey: **(8:30pm)**

Events on Friday, June 4, 2010

Friday Tours

Tour 1-Gold in Them Thar' Hills **(7:30am - 5pm)**

Tour 2-Royal Gorge Route **(7am - 5pm)**

Tour 3-Manufacturing Tour **(8:00am - 5pm)**

Tour 4-Steel City: Mills and Men **(7:30am - 5pm)**

Show and Tell on Friday evening **(7pm)**

Events on Sunday, June 6, 2010

Sunday Tours

Tour 1-Colorful Colorado Springs **(10am - 3:30pm)**

Tour 2-Pro Rodeo Hall of Fame & Museum of the American Cowboy **(9am - 12 Noon)**

Tour 3-Bike the Pike **(6am - 1pm)**

Tour 4-Horseback Ride **(8am - 12 Noon)**

Altitude Sickness.

Colorado Springs is at an elevation of 6035 feet and depending on tours it will be possible that you will be as high as 14110 feet. It is important that you prepare your body for the effects of altitude.

Altitude sickness "...occurs from the combination of reduced air pressure and a lower concentration of oxygen at high altitude." Symptoms can range from mild to life-threatening, and can affect the nervous system, lungs, muscles, and heart. In most cases the symptoms are mild.

The chance of getting acute mountain sickness increases the faster a person climbs to a high altitude. The severity of the symptoms also depend on this factor, as well as how hard the person pushes (exerts) him or herself. People who normally live at or near sea level are more prone to acute mountain sickness.

Symptoms

Symptoms generally associated with mild to moderate altitude illness include:

- Difficulty sleeping
- Dizziness or light-headedness
- Fatigue
- Headache
- Loss of appetite
- Nausea or vomiting
- Rapid pulse (heart rate)
- Shortness of breath with exertion

Symptoms generally associated with more severe altitude illness include:

- Bluish discoloration of the skin
- Chest tightness or congestion
- Confusion
- Cough
- Coughing up blood
- Decreased consciousness or withdrawal from social interaction
- Gray or pale complexion (cerebral edema)
- Inability to walk in a straight line, or to walk at all
- Shortness of breath at rest

People with underlying cardiac or pulmonary (lung) diseases should avoid high altitudes or contact their physician for suggested precautions. It may be A few days before you feel the symptoms of acute mountain sickness, or it could hit you very quickly. If you are driving to the conference your ascent is relatively slow so you will be more acclimated then those who choose to fly in.

There are many myths out there on how to treat AMS, and when you will no longer be affected by it, but I will advise you from experience:

Drink enough fluids, *avoid alcohol* (you've never been so sick in your life!), and eat regularly. Foods should be relatively high in carbohydrates. And the first couple of days you should take it easy rest, and give yourself the time to adjust.