



Department of Kinesiology
Exercise Physiology Lab

Dr. J.L. Copeland

403.317.5073 (lab)
403.317.2804 (office)

Dear Lost Soul Ultra Participant,

We are conducting a study to gather data on the effects of ultra-endurance competition on hormone levels and neuromuscular function specifically in women. We collected some data from some of the amazing women who participated in the 2009 race and our results were so interesting that we would like to collect some more this year to increase our sample size. Our goal is to determine how age and estrogen levels may influence the physiological response to an ultra-marathon. As such, we are looking for volunteer research participants who will be participating in the Lost Soul Ultra on September 10, 2010. Our goal is to target women who are running the 50km or 100km race, however, depending on the number of interested runners that could change to include the 100 mile. Please feel free to contact me for more information if you are registered for any of the 3 events.

We are looking for women who fall into one of two categories: 20-45 years of age and premenopausal or 45-65 years and postmenopausal. Participation in this study will require fitness testing at the University of Lethbridge Exercise Physiology Lab including a body composition assessment, maximal aerobic power assessment (VO₂max), and maximal leg strength testing. In addition, three small blood samples will be collected (1 before and 2 after the race) to measure various hormone levels. The total time commitment is approximately 3.5 hours. You will receive a summary of your own results, as well as the results of the study.

If you are a woman competing in this event who fits in one of the two categories AND you are interested in helping with research that will increase our understanding of the physiological responses to "extreme" events, then please contact me for more details!

Best of luck in your training!

Sincerely,

*Jennifer L. Copeland, Ph.D.
Dept of Kinesiology*

403-317-2804
403-317-5073

jennifer.copeland@uleth.ca

<http://people.uleth.ca/~jennifer.copeland/>