

Hello NorthCoast Participant!

During the 2017 NorthCoast 24 Hour Endurance Run, there will be a medical team available to both stretch you out, and address any medical needs that arise during the race. Along with providing you osteopathic services to help you run your race, the team from A.T. Still University will also be conducting a non-invasive research project to observe the effects of an ultramarathon on a participant's cardiovascular system. This is an area of research that has not been explored past the marathon, 26.2 mile races.

As a second-year medical student and part of the group running the medical station, I will be conducting a non-invasive research project involving the measurement of your heart rhythm using an ECG and blood pressure prior to and throughout the race. Data will be collected in the medical station. Participation in this study is completely voluntary; utilizing the medical station DOES NOT require and is not related to participation in the study. This research project will not and does not serve as medical coverage associated with the race. If you are experiencing a medical emergency during the race you should utilize the race medical staff according to race policies.

Participation in the project would entail completing a brief medical history relating to your past participation in sports, cardiac medical history, and any medications you are taking. If available, we also request any records of your training schedule for the event; but this is not required. Then, we would like to record your ECG and blood pressure sometime prior to the start of the event, and during and immediately after the event. This should take no more than 5 minutes at a time. You may complete as many of these ECG-blood pressure recordings as you wish; there is no requirement to complete all of them.

This testing is not meant to be diagnostic and we will not analyze or discuss the results of the ECG or blood pressure at the race site. We will record all data using a study code (instead of your name) and all results will be kept confidential. However, all participants will receive copies of their individual ECG and blood pressure recordings, as well as a summary of the study findings once we complete the analysis at a later date.

The main focus of our research laboratory is to understand the changes in cardiac structure and function associated with intense athletic training and competition. Not much research exists on the ultra-runners or endurance events longer than a few hours. Participation in this project will greatly aid the medical community to begin to understand the changes and impact of these extreme endurance events on the heart and the body.

Thank you, and I look forward to working with you!

Sincerely,
Paige Johnson, BS
2nd year Osteopathic Medical Student
AT Still University