

Fatdog Research Study



What's involved?

The research team is seeking volunteers to participate in a brief series of tests, before and after the race, to determine the effects of extreme endurance racing. These tests will examine cognitive function (computer test) and an analysis of cardiovascular function (non-invasive readings looking at the chest and arm).



Why should I participate?

The number of people who are able (and willing) to perform this type of extreme exercise are limited, and you are among the few who can withstand this type of prolonged stress.

Despite the well documented beneficial effects of regular exercise, less is known about ultra-running. Your participation will help the research team to better understand our sport and how it affects the human body.

The researchers are also offering free VO2max (aerobic fitness) testing to all who partake in the study. This test, which is the gold standard measure of fitness for endurance athletes would normally cost \$200-300 to do in a fitness studio. Tests will take place either before or after the race in Vancouver.

How long will it take?

The research team has condensed the testing from previous years to be as quick and efficient as possible. Testing should take between 30-45 min. If you are available to attend the pre-race testing in Vancouver prior to race weekend, the staff will be happy to try and accommodate you. Otherwise, testing can be done following the pre-race meeting and at the finish line.

How do I sign up?

Please email: fatdog100study@gmail.com

