



ARE YOU A RUNNER?

Participate in a study about the influence of short-term fruit-based supplementation on running performance and recovery during simulated altitude.

You are eligible to participate if you:

- are a recreational or competitive runner
- aged 19 to 44

What is involved in the study?

Participation in this study will require 3 separate visits (approximately 1.5 hr per visit) to the Exercise Physiology Laboratory at the University of the Fraser Valley (Chilliwack Campus). In each visit, participants will be required to complete 5km running time trial. Peak oxygen consumption will also be assessed during the first session.

For more information and to participate, please contact:

Dr. Jason Brandenburg
604-504-7441 ext. 2217
jason.brandenburg@ufv.ca

The ethics of this research has been reviewed
and approved by the UFV Human Research
Ethics Board.



UNIVERSITY
OF THE FRASER VALLEY

DEPARTMENT OF KINESIOLOGY