



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

“Serving the ultrarunning community and developing the sport under the patronage of the IAAF.”

## MEDICAL CONFERENCE

**INTERNATIONAL ASSOCIATION OF ULTRARUNNERS’  
MEDICAL COMMITTEE  
Presents**

*A Medical Conference: Nutrition and Its Role in Ultrarunning*

September 9th 2011 9am-11am

Pagedal Stadskanaal, Hoveniersweg 1, 9502 BW Stadskanaal

Athletes/Coaches/Support Staff/Ultrarunning Enthusiasts are Welcome

**[Read More on the Speakers and a Summary on their topics](#)**

Dear Friends,

It has been a pleasure to witness the inception and the development of this medical conference over this year.

I have had the opportunity to be a part of the discussions from day one and I have been enthused by the commitment and the dedication of the participating members and the organizing individuals.



We are in the 26th year of our existence and it is only apt that we begin to concentrate, on the medical sides of our sport and promoting research forums, as the inaugural IAU Medical Conference exhibits.

I wish, the IAU Medical Committee and the speakers, my very best as they put forward this research seminar on nutrition and ultrarunning for the very captive audience.

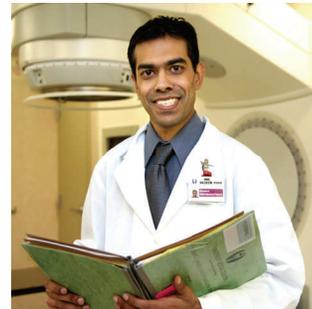
Looking forward to seeing you all on September 9th in Winschoten.

Dirk Strumane  
President, IAU

Dear IAU friends and patrons,

Ultrarunning is on an exponential growth, both in terms of race and participating athletes, as has been witnessed in recent years.

With the popularity of the sport rapidly increasing around the world, we as the international body for the sport, felt it was appropriate to investigate and present the scientific side of our sport.



Nutrition is something that has been the topic of discussion when the subject revolves around ultrarunning. Therefore, it was not a difficult choice of topic when the preliminary discussions started on the conference.

This medical conference has taken months to shape and I want to personally thank each and every one of the researchers/speakers for taking time out of their busy schedules to *voluntarily* present at this conference. The speakers are not only top notch medical and scientific personnel in their respective fields but also ultra and marathon runners.

We hope that you will benefit from the conference and gather information that will be helpful to you as we continue to move forward!

Nadeem Khan  
Chair, Medical Committee

## **Schedule for the Medical Conference: Nutrition and its Role in Ultrarunning**

9am: *Welcome Address* by Nadeem Khan

9:05am: Mr. Peter Res: *Effects of nutrition and exercise on protein metabolism extending into the realm of ultrarunning*

9:30am: Dr. Ann Heaslett: *The Female Athlete Triad: Amenorrhea, Disordered Eating and Stress Fractures/Osteoporosis*

9:55am: Dr. Arthur Brule: *Food contamination and the effects on human*

10:20am: Dr. Lion Caldwell: *The science of supplements, amino acids to zinc, performance enhancers or wishful thinking*

10:45am: Questions & Answers

11am: Presentation & End of Conference

\*The Conference will be hosted and moderated by Nadeem Khan

### **Members of the IAU Medical Committee**

Nadeem Khan, Chair

Andrew Bosch

Maurizio Crispi

Jan Vandendreissche

Hilary Walker

## Peter Res

Mr. Res did his Masters in at Wageningen University and is currently a researcher at Maastricht University where he works in the lab of Luc van Loon. His research field is sports nutrition, with a focus on protein metabolism. Mr. Res worked as a consultant for numerous teams and several other international athletes. He also served on the IAAF expert panel on nutrition in athletics.



Mr. Res used to be a national level runner. His personal bests are from 3:47:19 in the 1500m to 2:27 in the marathon.

### *Effects of nutrition and exercise on protein metabolism extending into the realm of ultrarunning*

Nutrition during exercise is one of the most important factors determining ultra endurance performance. The role of carbohydrates during exercise has been well established. However, it is unclear whether adding protein to carbohydrates during exercise has beneficial effects, as well. Most studies show similar endurance performance between carbohydrate and carbohydrate with added proteins, especially when ample carbohydrates are added. Branches chain amino acids (BCAA) are used as a fuel, but is presently unknown whether provisions of BCAA has benefits. Ultra endurance athletes can add small amounts of protein to the drinks to optimize health likely without affecting performance.

## Ann Heaslett

Dr. Heaslett completed her medical studies from the University of Wisconsin Medical School and finished her residency at the Hospital of the University of Pennsylvania. She is currently working as a Psychiatrist in Mendota Mental Health Center in Madison, Wisconsin.



Dr. Heaslett was a member of the USATF 100km women's world championships team from 2002-2005. She continues to sit on the Mountain/Ultra/Trail Committee of USATF. She has Ironman Wisconsin five times and Ironman Hawaii twice.

### *The Female Athlete Triad: Amenorrhea, Disordered Eating and Stress Fractures/Osteoporosis*

*The Triad: I. What is it? A) Disordered Eating (or simply not eating enough to provide adequate energy for basic metabolic functions plus athletic activity), b) Amenorrhea c) Osteoporosis (or decreased bone mineral density). \*each of the above is actually a spectrum disorder and the three are interrelated. II. How are the three components interrelated? III. Prevalence of the Triad itself and of its three components. IV. Consequences of the Triad. V. Screening for the Triad and its three components. VI. Prevention/Treatment of the Triad and its components.*

## Arthur Brule

Dr. Brule is a sports physician in France. He started working with rugby team for his medical thesis. He works primarily with running athletes but also works with the French ski team and the French rowing team. He is based in east of France near Switzerland and works out of a private practice.



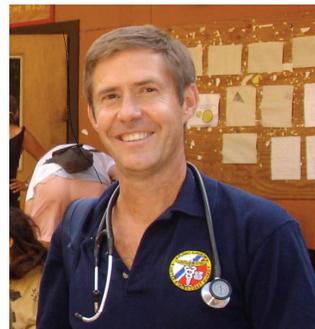
Dr. Brule has picked up several sports but his strength lies in rugby. He has made the 24 hour national team. He is the team physician for the 100km and 24 Hour French National teams.

### *Food contamination and the effects on human*

Food is the basis of alimentation and energy of the human body. But these days, ailments were contaminated with many substances. We do not have a lot of studies on these problems but some seem to demonstrate a negative impact on endurance effort. However, these substances have consequence on health and can positive anti-doping control. The topic is very appropriate in today's times when the healthy food trend is taking upstream in several countries around the world.

## Lion Caldwell

Dr. Caldwell for 29 years has been a United States Public Health Service Medical Officer including 10 years as a United States Coast Guard Flight Surgeon and 19 years serving on Native American reservations. Currently, he is the Clinical Director for the Taos and Picuris Pueblo Tribes in Northern New Mexico.



Dr. Caldwell has been the USATF Physician for the US Men's and Women's 100km Ultra teams since 1995. He is also a two time US National Champion at 100 Miles.

### *The science of supplements, amino acids to zinc, performance enhancers or wishful thinking*

In a recent survey of almost 674 North American ultrarunners, 75.6% of the 483 respondents reported using vitamins and/or supplements. Most major running and ultrarunning magazines have commercial advertisements for multiple supplemental products. The presentation will address several of the most commonly used supplements/vitamins (and a few not so common), their purported benefits and any evidence based scientific data regarding their use.