

****CALLING ALL WESTERN STATES ATHLETES!****

Be Part of Groundbreaking Research on Kidney Function During the 2024 Western States Endurance Race!

Rhabdomyolysis and acute kidney injury can occur after running in an ultramarathon. Are you interested in contributing to important scientific research that could benefit the ultramarathon community and beyond? Here's your chance!

We are excited to announce an opportunity for ultramarathoners to participate in a study focusing on the impacts of extreme endurance exercise on kidney function in athlete performance and recovery.

****Study Title:** Western States Endurance Run Rhabdomyolysis & Renal Injury Surveillance Consortium (R2.I.S.C.) Trial**

****Location:** Western States Endurance Race 2024**

****Who Can Participate?***

- Registered participants of the Western States Endurance Race.
- Runners of all experience levels and finishing time goals are welcome.
- Individuals willing to undergo pre-race and post-race health evaluations.

****Why Join?***

- ****Contribute to Science:**** Your participation will help us understand how ultramarathons affect kidney health can play a pivotal role in athlete performance.
- ****Improve Performance:**** Gain insights into your own health and fueling strategies, potentially leading to improved performance and recovery strategies.
- ****Free Health Screening:**** Receive comprehensive pre-race and post-race kidney function assessments at no cost.
- ****Exclusive Insights:**** Access to your personal data from the study

****Participant Commitments:****

- Completion of a detailed pre-race survey. Should take less than 10 minutes to complete
- Blood and urine samples collected shortly before and after the race. We expect this to take 5-10 minutes
- Urine sample collection during the race, at a time you decide during the event
- Crews will assist in Nutrition and Hydration data collect during the race. Will not affect their ability to assist your performance.

****How to Apply:****

Interested athletes are encouraged to express their interest by signing up through our dedicated registration portal. Please ensure you are registered for the Western States Endurance Race before applying.

Spaces are limited, and participants will be selected on a first-come, first-served basis, considering the need for a diverse range of study subjects. Don't miss this opportunity to be part of a study that could help us understand the factors that contribute to severe rhabdomyolysis and acute kidney injury.

For more information, please contact WSERRISC@gmail.com

Join us in pioneering a new frontier in sports science and health!

Western States R.I.S.C. Team

***This study has been approved by the University of California Davis Institutional Review Board and adheres to the highest ethical standards in research. ***