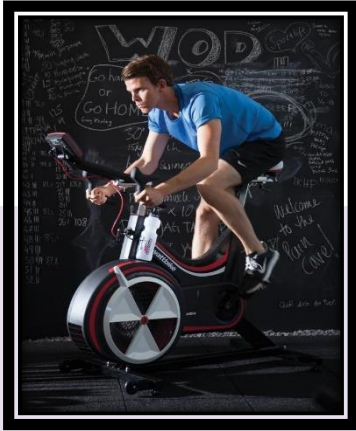


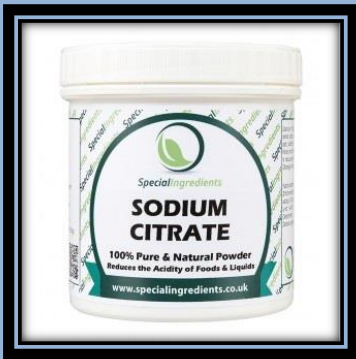
VOLUNTEERS NEEDED

DOES SODIUM CITRATE ENHANCE CYCLING PERFORMANCE?



WHY DO WE NEED YOU?

- ✓ We are looking for volunteer cyclists to act as participants in an undergraduate laboratory class.
- ✓ You will receive a report outlining your results and responsiveness to sodium citrate.



BACKGROUND

- ✓ Sodium citrate & bicarbonate have been researched extensively for their potential to improve performance by minimizing the extent of metabolic acidosis, a contributor to fatigue during high-intensity exercise.
- ✓ The purpose of this laboratory practical is to provide students with an insight into the assessment and analysis of athlete performance.

WHO DO WE NEED?

- ✓ 18 years or older
- ✓ Male or female cyclist
- ✓ Familiar with high intensity cycling
- ✓ Available to attend the University of Essex on two occasions, 7-days apart (see below for available timeslots)

PARTICIPATION INVOLVES

- ✓ Consumption of a solution 60-min prior to warm-up containing either sodium citrate or a placebo
- ✓ The investigation will consist of two exercise phases;
 - 1) 10-minute cycle at 80% HRmax.
 - 2) 3-minute maximal cycle test.
- ✓ Fingertip blood sampling to measure lactate

If you would like to take part or have any enquiries please contact the lecturer or **scan QR code**;

- ✓ Dr Chris McManus
- ✓ cmcman@essex.ac.uk

AVAILABLE DATES & TIMESLOTS

Visit #1	Visit #2
Tuesday 29 th Nov 10:00 - 12:00 →	Tuesday 6 th Dec 10:00 - 12:00
Thursday 1 st Dec 09:00 - 12:00 →	Thursday 8 th Dec 09:00 - 12:00
Thursday 1 st Dec 13:00 - 16:00 →	Thursday 8 th Dec 13:00 - 16:00
Friday 2 nd Dec 14:00 - 17:00 →	Friday 9 th Dec 14:00 - 17:00

