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Faculty Publish Work in Physiological Reports

January 9, 2020



Gregory Grosicki, Ph.D., CEP, in collaboration with San Francisco State University faculty members Ryan Durk and James Bagley, recently published their original research titled, “Rapid Gut Microbiome Changes in a World-Class Ultramarathon Runner” in the journal *Physiological Reports*.

Their work focused on the physiological characteristics of a world-class ultramarathon runner before and after competing in the Western States Endurance Run, an invitation only, 100-mile trail race in Northern California.

“In this study, we examined the athlete’s gut microbiome, a diverse population of bacterial cells residing in the gastrointestinal tract,” stated Grosicki, an assistant professor in the Department of Health Sciences and Kinesiology.

According to recent research, the gut microbiome has been linked to many health implications to include a relationship between gut bacteria and many diseases such as cardiovascular disease, cancer and depression.

“A gut microbiome analysis of the athlete was performed at four time-points: 21 weeks before the race, two weeks before the race, two hours after the race and seven days after the race. Immediately post-race, we saw both positive and negative changes in the athlete’s gut bacteria.”

Findings from this study highlight the likely significance of the gut microbiome in mediating relationships between exercise and human health.

The Rossi Family Foundation provided funding in the amount of \$1,600 for publication of the research.

Established in 2013, *Physiological Reports* is an online, open access journal that publishes research in all areas of physiology on a monthly basis.

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