

n = 54 participants enrolled

Random allocation to tart cherry juice or placebo
(participants on same team allocated same drink)

n = 28 cherry juice

n = 26 placebo drink

Day 1 – Baseline

Physician screening
Participants given 16 bottles of drink
Participant-Assessed Pain (VAS – 100mm)

Drop-Outs

n = 2 from cherry group
(1 lost to follow up, 1
due to GI distress)

Day 7 – Race Start

Physician screening
Participant-Assessed Pain (VAS – 100mm)

Drop-Outs

n = 1 from placebo
group (NSAID use)

Hood to Coast Relay

(~ 28 hours)

Each participant runs 3 race legs
(total distance: 22.5 – 31.4 km)

Day 8 – Race End

Physician screening
Participant-Assessed Pain (VAS – 100mm)
Satisfaction/Willingness to use drink again (Likert Scale)