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)

Day 7 – Race Start
Physician screening
Participant-Assessed Pain (VAS – 100mm)

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)

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

Drop-Outs
n = 1 from placebo group (NSAID use)