



Press release
June 18th 2015

An active health policy!

The Marathon du Mont-Blanc used ITRA's health policy to strengthen the prevention and the protection of runners' health.

The Chamonix-Mont-Blanc Club des Sports, organizer of the Marathon du Mont-Blanc (from the 26th to the 28th of June 2015), has decided to incorporate ITRA's health policy to their event.

Over 80 runners were summoned to a blood test; the choice was based on their ITRA score for the elite and some were chosen randomly in the pack of runners.

Presentation of ITRA's health policy

With the help of our partner Athletes For Transparency (AFT), ITRA wished to help race organizers to set up the health related aspects of their event. This should encourage uniform rules on these matters as well as the sharing of information between the events.

With the support of the race organizer, ITRA manages the collect and analyses of biomedical material from runners before the start of the race; this is most often during the retrieval of race bibs. These analyses are mostly aimed at elite athletes but can potentially concern all runners. If there is an abnormal result, or based on information given by the runner, the response can be a warning or the race jury deciding to restrain this runner from participating in the race.

The online platform SHOL (Sport and Health Online) allows race organizers, via their medical officials, to assess the data given by runners and complete the medical profiles of participants with the onsite analyses.

Health related measures on the 2015 IAU World Championships

The MaxiRace, host of the World Championships, set up the ITRA health policy for their event. Based on the ITRA score of runners, the 10 best men and the ten best women, as well as each countries best male and female runners, had to undergo blood testing. This was done the day before or the penultimate day of the race.

71 runners were tested. They have demonstrated an important interest in this policy. 22 samples were sent to laboratories.

These test concentrated especially on the hematological profile of the athletes as well as the cortisol levels; a depleted value of cortisol can demonstrate the use of corticosteroids. All the samples were found to be “normal”. The athletes having created an account on ITRA’s website can find their results there.

More information: <http://i-tra.org>

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