

# International Journal of Sports Medicine



January 2009 · Page 1 – 74 · Volume 30

1 · 2009

---

## Training & Testing

- 1 Muscle Activation during Lower Body Resistance Training  
*W.P. Ebben, C.R. Feldmann, A. Dayne, D. Mitsche, P. Alexander, K.J. Knetzger*
- 9 Effects of Environmental Heat Stress (35°C) with Simulated Air Movement on the Thermoregulatory Responses during a 4-km Cycling Time Trial  
*N. Altareki, B. Drust, G. Atkinson, T. Cable, W. Gregson*
- 16 The Influence of Respiratory Muscle Training Upon Intermittent Exercise Performance  
*C.R. Nicks, D.W. Morgan, D.K. Fuller, J.L. Caputo*
- 22 Reliability of the VmaxST Portable Metabolic Measurement System  
*J. Blessinger, B. Sawyer, C. Davis, B.A. Irving, A. Weltman, G. Gaesser*
- 27 Effects of Strength Training on Running Economy  
*L.G.A. Guglielmo, C.C. Greco, B.S. Denadai*
- 33 Training and 24-hr Urinary Catecholamine Excretion  
*E. Filaire, M. Rouveix, M. Duclos*
- 40 Treadmill Velocity Best Predicts 5000-m Run Performance  
*E. Stratton, B.J. O'Brien, J. Harvey, J. Blitvich, A.J. McNicol, D. Janissen, C. Paton, W. Knez*

---

## Orthopedics & Biomechanics

- 46 Gastrocnemius Injury during Running: A Case Report  
*P.W. Korig*
- 53 Climber's Back – Form and Mobility of the Thoracolumbar Spine Leading to Postural Adaptations in Male High Ability Rock Climbers  
*R. Förster, G. Penka, T. Bösl, V.R. Schöffl*
- 60 Effects of Stretching on Peak Torque and the H:Q Ratio  
*P.B. Costa, E.D. Ryan, T.J. Herda, J.M. DeFreitas, T.W. Beck, J.T. Cramer*

---

## Genetics & Molecular Biology

- 66 Endurance Performance: Genes or Gene Combinations?  
*F. Gómez-Gallego, C. Santiago, M. González-Freire, C.A. Muniesa, M. Fernández del Valle, M. Pérez, C. Foster, A. Lucia*

---

## 73 Preview of Contents of the Next Issue

---

## 74 Imprint