



The Boulder Triathlon Club is pleased to present a speaking engagement with Joanna S. Zeiger, MS, PhD

Cannabis use in athletes

**Thursday September 2 6:30pm - Register at <https://bouldertriathlonclub.wildapricot.org/>
Location: The Tune Up Taproom @ Full Cycle/Colorado Multisport 2355 30th St, Boulder, CO**

The talk will include information about cannabis and how it works in the body. In addition, the results from a study about cannabis use in athletes will be presented along with recommendations on dosing from a recent paper. There will be a Q and A at the end.



Joanna Zeiger, MS, PhD, raced as a professional triathlete from 1998-2010. She placed 4th in the triathlon at the 2000 Sydney Olympics and placed 5th in the Hawaii Ironman 5 weeks later and won the 2008 Ironman 70.3 World Championships in world record time.

When she is not training, Dr. Zeiger works as a cannabis epidemiologist, one of the few in the United States. She is the Founder & CEO of Canna Research Foundation, a nonprofit organization. CRF is a consortium of researchers whose goal is to understand the role of cannabis patterns of use and benefits/adverse effects in various populations to better understand efficacy and safety of medical cannabis.

Through her company Race Ready Coaching, Joanna works with endurance athletes of all ages and abilities reach their athletic goals with training plans that develop physical fitness and hone mental skills

Joanna's education took her to Brown University (BA), Northwestern University (MS), and Johns Hopkins Bloomberg School of Public Health (PhD). Joanna's book *The Champion Mindset: An Athlete's Guide to Mental Toughness* (St. Martin's Press) was published in February 2017.

Dr. Zeiger's motto has always been, and always will be, **Race Hard, Have Fun.**

The Boulder Triathlon Club neither endorses nor advocates the material presented and we hope you enjoy the talk.