

## DISCUSSION

It turns out that hearts beat faster at high elevations. The group's average heart rate was significantly higher at Cerro de la Muerte than La Selva, both before and after Kirtley's butt-busting workout. Besides the obvious elevation and oxygen differences, this could be for a couple reasons. First, a certain female was at a closer proximity to a certain male member of the group that made her heart race. Her actual count at high elevation was 90 beats / 30 s! At La Selva, we decided to move her next to Ingrid before she had a heart attack. Also, Nira and Cathy hadn't run their normal 12 miles a day at Corcovado and were a little out of shape by the time we got to the mountain. At La Selva, they were back up to 15 miles per day, and their heart rates only increased by two beats after the jumping jacks.

At the low elevation site, our heart rates increased an average of  $23.3 \pm 0.87$  beats / 30 s after strenuous exercise. Kirtley worked her magic again at the high elevation site and got our hearts working even harder at an average of  $26.6 \pm 1.21$  beats / 30 s higher than at rest.

One minute seemed to be enough to get our hearts back to a normal beat. Although, Art's heart needed a little more time to recover from his ridiculous jumping jacks. We suggest he return to third grade gym class and learn how to do them properly.

## ACKNOWLEDGEMENTS

We would like to thank Professor David Peart for his ingenuity and encouragement with this important research. It is also essential that we show our appreciation for the entire FSP group for being able to poke fun at themselves for the sake of science. Your friendship and company were invaluable during the winter of 2003. Thank You!

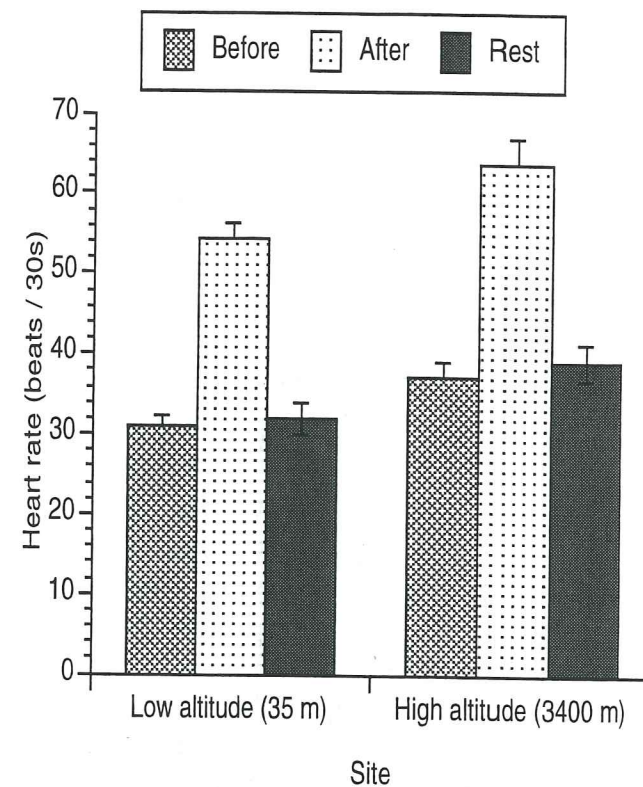


FIG. 1. Heart rates in beats / 30s (mean  $\pm$  SE) of the Dartmouth FSP group ( $n = 16$ ) at La Selva (low altitude), and Cerro de la Muerte (high altitude), Costa Rica, before and after exercise, and after a 1-minute post-exercise rest.

