



The American College of Sports Medicine® (ACSM) is pleased to recognize Randall L. Wilber, Ph.D., FACSM, with a 2021 ACSM Citation Award for his significant contributions to the fields of sports medicine and exercise science.

Dr. Wilber received a B.A. in history from Grove City College and an M.A. in history from the University of Wisconsin-Eau Claire. He later earned an M.S. and Ph.D. in integrative physiology from Florida State University.

Dr. Wilber is a senior sport physiologist at the U.S. Olympic and Paralympic Training Center in Colorado Springs and has spent three decades working at the U.S. Olympic and Paralympic Committee. During this time, he has worked with 132 Olympians in 17 Summer Olympic sports who have earned over 200 individual medals and 6 team medals. He has also worked with 42 Olympians in 8 Winter Olympic sports who have earned over 80 individual medals and 3 team medals. Among these U.S. Olympic Team athletes are Michael Phelps, Katie Ledecky, Apolo Ohno and the Women's Ice Hockey Team.

Dr. Wilber has focused a significant part of his career on the study and practical application of altitude training. Nominator Jay T. Kearney, Ph.D., FACSM, notes, "The hallmark of Randy's work at the USOPC has been analysis, interpretation, and practical application of the science of sport physiology. His sentinel book and international reputation as an authority on the use of altitude training for the enhancement for performance grew out of development of materials specific to the questions and challenges presented by Team USA coaches and athletes. His work provided them with comprehensive evidence-based actionable recommendations and protocols seasoned by 30 years of professional expertise in the practical and effective application of optimal performance at the Olympic level." Wilber is a founding member of the Team USA Altitude Training Network, and for several years, he has also organized the biannual Team USA International Altitude Training Symposium.

Dr. Wilber has been an official member of the U.S. Olympic Team delegation from the 2002 Salt Lake City Olympics onward, providing direct support to Team USA athletes during the Games in the areas of sport science and sports medicine. He has also been at the forefront of the renaissance in U.S. distance running, taking the latest in scientific findings and applying them in a practical manner with USA Track and Field athletes for medal-producing performance.

Further, Dr. Wilber wrote the key text on altitude training, *Altitude Training and Athletic Performance: Theory and Practice*, and has 35+ referred publications, 10 of



which were printed in *Medicine & Science in Sports & Exercise*®, as well as multiple book chapters. He has also co-authored *Exercise-Induced Asthma: Pathophysiology and Treatment*. Wilber has given more than 150 presentations, roughly one third of which have been invited international lectures in over 20 countries, and approximately 50 of which were at ACSM annual meetings. He also served as Chair of the ACSM Olympic & Paralympic Sports Medicine and Sport Science Committee from 2010-2020, and is one of the creators of the University of Colorado-Colorado Springs & U.S. Olympic and Paralympic Committee Graduate Program in Integrative Physiology for Olympic Sport.

ACSM is honored to present Dr. Wilber with a 2021 Citation Award.