THE FOUNDATION FOR AGING STUDIES
AND EXERCISE SCIENCE RESEARCH

2009 Annual Report
From TFASESR’s President

I would first like to thank the Foundation’s Board of Directors for their thoughtful advice, consistent support, and willingness to devote time, finances, and energy to forward the mission of TFASESR (Foundation). Their dedication is instrumental in the continued success of the Foundation.

As I review this past year and the achievements of TFASESR past and present, I am pleased to report that the Foundation has accomplished much in its short existence and is poised to do significantly more. Since its initial funding by a very generous gift from the Borgenicht Foundation in 2007, TFASESR has awarded more than $120,000 to individuals conducting mission-supported research and to universities in support of undergraduate research in exercise and health sciences. Our work has been acknowledged in prestigious peer-reviewed scientific journals and at international conferences by Foundation-supported scientists.

The Foundation has been particularly successful in supporting student research conducted under the supervision and guidance of outstanding faculty members at major universities. This year, based on selections by a panel of the American College of Sports Medicine Environmental Physiology Interest Group, the Foundation will present the first annual Jack Borgenicht Graduate Student Research Award (a plaque acknowledging the award in addition to a cash award) to the following individuals: Geoffrey Hartley, Brock University, Canada, for his Master’s-level research paper titled “The effect of secret manipulation of ambient temperature on heat storage and voluntary exercise intensity” – Advisor: Dr. Stephen Cheung; and Joel Trinity, University of Texas at Austin, for his PhD research study “Stroke volume response to low dose beta blockade during exercise under normothermic and hypothermic conditions” – Advisor: Dr. Edward F. Coyle

The Foundation’s mission reads, in part, as follows; “...the mission of The Foundation for Aging Studies and Exercise Science Research (Foundation) is to provide resources in support of research in the areas of aging studies, exercise science, nutrition, and environmental physiology. Teaching and research projects, laboratory development, library development, and a plan to act as a clearinghouse for information dissemination will enable the Foundation to achieve its goals.
A special feature of the Foundation is its interdisciplinary focus. Interaction between researchers and students from various disciplines bring theory, methodology, and experience to bear on the analysis of aging and exercise to provide knowledge and accessible programs that will enrich the lives of citizens of all ages. Through extensive collaboration with scientists and researchers in these fields, the Foundation will be able to develop a research model to enable people of all ages to enhance self-awareness of their capabilities; improve and maintain health throughout their lives through exercise, physical fitness, nutrition, and lifestyle practices that increase mental and physical capacities; and, create opportunities for achieving optimum levels of life satisfaction”.

The Foundation and its Board of Directors are committed to fulfilling the mission of the Foundation for Aging Studies and Exercise Science Research. A major way to accomplish the goals of the Foundation is to raise funds to support its mission. In 2010, the Foundation will launch a fund-raising effort to more than double its endowment.

As you read through this annual report, please consider supporting our efforts through a financial contribution to TFASESR. There are many ways you can help.

Please go to our website (www.tfasesr.com/donations.htm) to see how you may best help us achieve our objectives. Thank you for your generous contributions and please contact me at info@tfasesr.com if you have any additional questions.

All the best,

Kenneth W. Kambis, Ph.D.
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Cover photo by Roger Thaler
The Foundation for Aging Studies and Exercise Science Research (TFASESR)

Funded by a very generous gift, TFASESR began its work in 2007 to support numerous activities and research programs that enhance the quality of life for older adults. One primary focus of the Foundation mission is to provide funding to assist in the education of young scientists in aging studies, exercise science, and environmental science by supporting their mentor’s research.

It was the desire of Jack Borgenicht (1911-2005), who helped create TFASESR before his death, to further the mission of the Foundation through support from his personal foundation. Jack’s legacy is widespread. As a successful businessman, entrepreneur, collector of fine art, mountaineer, and philanthropist, Jack Borgenicht touched the lives of many people. In 1996, Jack and his wife Fran generously endowed the Borgenicht Program for Aging Studies and Exercise Science at the College of William & Mary in Williamsburg, VA.

Since its inception, this program has supported over 25 major research projects in a variety of disciplines that have resulted in the publication in peer-reviewed journals of more than 40 undergraduate research students as co-authors.

In addition to his many attributes, Jack was also a volunteer research subject in a number of studies designed to investigate the effect of high altitude hypoxia on older adults. He climbed to the top of Mount Rainier at the age of 80 to become the oldest person to summit the mountain. At the age of 87, Jack ascended to 13,500 ft. on Mount Elbert in an experiment studying the effect of daily increments of 2,500 ft. altitude on pulmonary function in older adults. In 2007, The Jack Borgenicht Altitude Physiology Research Facility in the College of William & Mary Department of Kinesiology & Health Sciences was named in his honor. The JBARF, as it is fondly called, studies the effect of normobaric hypoxia on acute mountain sickness (hence the nausea attribute), cognition, persistence of acclimatization, appetite, mood, and many physiological and health factors. In 2010, JBARF will embark on a long-term study of asthmatics at altitude with special attention paid to aircraft cabin pressures equivalent to 8,000 ft. in an effort to identify ways to prevent asthma attacks during air travel. A significant amount of environmental research supported by the Foundation takes place in the Jack Borgenicht Altitude Physiology Research Facility.

In its very short history, TFASESR has helped ensure that Jack Borgenicht’s legacy as a mountaineer, research participant and someone committed to the education of young scientists will continue unabated. By providing crucial funds to promising as well as established researchers, the Foundation works to fulfill its mission. Your gift to TFASESR will help strengthen programs today that have a lasting impact on the future.

For more information about TFASESR, or to make a gift, please go to www.tfasesr.com or call 757-990-9605.
Foundation Financial Performance Fund and Balances

Morgan Stanley Smith Barney
Boca Raton, FL

Fixed Income, 55.6%
Mutual Funds, 2.8%
Cash, 5.5%
Equities, 36.3%
Foundation Gifts and Pledges

The Summit Club ($1,000,000+)
The Borgenicht Foundation

Camp IV ($50,000+)

Camp III ($25,000 - $49,950)

Camp II ($5,000 – $24,950)

Camp I ($1,000 - $4,950)

Base Camp ($500 – $999)
Dr. James A. & Ann Bill
Dr. Kenneth W. Kambis

The Sherpa Club (up to $499)
Michio Yasukawa, PhD

Dr. Yasukawa is the first visiting professor to the Jack Borgenicht Altitude Physiology Research Facility. He is a Professor of Health Sciences at Senshu University, Kanagawa, Japan. During his year of study, he researched the effect of intermittent normobaric hypoxia exposure on appetite and sense of smell in an effort to determine the cause of altitude anorexia.

Publications of Research Supported by TFASESR

Ken Kambis, Michio Yasukawa, Reina Chamberlain, Erica Jackson

