

Comparison of Bone Mineral Density Between Male Masters Runners and Cyclists

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For maintenance of bone health during adulthood, weight-bearing exercise is recommended. Cycling is becoming a popular form of exercise for older adults due to reduced impact on weight-bearing joints. Some data suggest that bone mineral density (BMD) is reduced in cyclists due to its low-impact. The purpose of this study was to compare BMD of the spine and proximal femur between 10 male masters runners and 12 cyclists aged 51-76 years using dual energy x-ray absorptiometry. Masters runners had significantly greater BMD of both the total hip ($p=0.04$) and femoral neck ($p=0.01$) sites of the non-dominant leg compared to masters cyclists. Similarly, masters runners tended to have greater BMD of the lumbar spine compared to cyclists, but this difference did not reach statistical significance ($p=0.053$).