

Carl Foster, Ph.D., FACSM, is Emeritus Professor at the University of Wisconsin-LaCrosse. Dr. Foster received his B.S. in Zoology from Abilene Christian College and his M.Ed. and Ph.D. in Physical Education from the University of Texas with postdoctoral training at Ball State University. Dr. Foster is recognized worldwide as an expert in exercise and sports physiology.

Dr. Foster has been a dedicated and highly active member of ACSM and has served the College in numerous capacities. Dr. Foster joined ACSM in 1974, and completes 50 years of continuous membership in 2024. He became FACSM in 1981. He served as President in 2005-2006, Treasurer in 2014-2020, a member of the Board of Trustees for three terms (1983-1987, 2003-2007 and 2014-2020), and was Vice President for Basic & Applied Science between 1985 and 1987. Dr. Foster has served on numerous ACSM Committees, often for multiple terms and often as Chair. This clearly represents extraordinary service to ACSM.

Dr. Foster has also provided exemplary service to MSSE. He was an Associate Editor for 16 years with the last four of those (2000-2004) as Associate Editor-in-Chief. He has remained as an active member of the journal's Editorial Board since 2004. He has therefore provided 34 years of unbroken (and ongoing) service to MSSE. In addition, Dr. Foster was Editor-in-Chief of the International Journal of Sports Physiology and Performance (2009-2013), and has served on the Editorial Boards of thirteen other international scientific journals.

Dr. Foster's research contributions have been substantial and he is considered one of the Godfathers of sports physiology as a scientific discipline. He has published more than 365 original peer-reviewed research papers, 39 books, monographs or videos, and more than 150 chapters, invited articles or public information articles. Dr. Foster's h-index is ~75 and he has several articles that have been cited in excess of 1000 times.

Importantly, Dr. Foster has literally 'fostered' research endeavours through his numerous national and international collaborations and through his tireless work in developing his students. At his home institution of UW-LaCrosse, he supervised 218 MS theses. Moreover, he has served on the advisory committees or examined 69 higher research degrees (e.g., Ph.D.) in 21 countries.

While Dr. Foster is an outstanding researcher, teacher and leader, he is also renowned for his ability to translate research to promote exercise for health and to enhance sports performance in elite athletes. Early in his career, he specialised in clinical exercise physiology and was the Director of Clinical Physiology at Sinai Samaritan Medical Center. Later, he developed a reputation as one of the world's leading experts in human performance, specifically exercise testing and interpretation, training science, monitoring training and pacing strategy. While his primary focus has been on speed skating, Dr. Foster has also made significant contributions to our understanding of the limitations to performance in other sports, including endurance running and cycling.

Dr. Foster has received several honors and awards that recognise his achievements in science. For example, he gave the Pollock Memorial lecture at the 2001 ACSM annual meeting and the ACSM-ECSS Exchange lecture in 2012. He received AACVPR's Michael L Pollock Established Investigator Award in 2006 and ACSM's Citation Award in 2009. He is an Honorary Professor at two European universities and has given numerous other prestigious award lectures at ACSM Chapters and internationally.

While Dr. Foster's accomplishments as highlighted above are impressive, they cannot do justice to his inter-personal skills, approachable nature, and motivation to do good and to help others. Indeed, it is his propensity to collaborate, to support and develop his colleagues and students, and his altruism that have enhanced not only ACSM but exercise and sports medicine worldwide. Dr. Foster has given a lifetime of service to ACSM and to his profession and many thousands of his colleagues and students in exercise science have benefitted as a result.

ACSM is proud to present Dr. Foster with its 2024 Honor Award.