

The purpose of this study is to outline the experience of three elite, collegiate male endurance runners presenting with characteristics of a potential male version of the Female Athlete Triad and undergoing clinical treatment and intervention for bone stress injuries (BSIs) and/or hypogonadotropic hypogonadism. Using data extracted from a larger, prospective study on nutrition interventions to prevent bone stress injuries, three athletes (two presenting with BSIs and the third presenting with significant hypogonadotropic hypogonadism) were followed throughout their collegiate athletic career. Each athlete exhibited nutritional deficits and consulted with a sports dietitian to optimize their energy status and facilitate recovery from their Triad-related injuries. This case series provides clinical evidence that male endurance runners may be susceptible to a Triad parallel to the Female Athlete Triad, with significant clinical sequelae being the development of BSIs or hypogonadism that may stem from low energy availability.

- Case study design
- Data collected from a larger study on preventing BSIs in collegiate endurance runners through nutrition interventions.

### Subjects

- 3 elite, male collegiate endurance runners

### Procedures of the Larger Study

- Data collection at baseline and every subsequent year
  - Demographic questionnaire
    - Eating Disorders Examination Questionnaire (EDE-Q)
  - 3-day 24-hour recall *or* food frequency questionnaire
  - Exercise log *or* exercise patterns questionnaire
  - Body composition
    - Dual X-ray absorptiometry *or* air displacement plethysmography (BodPod®)
- Nutrition Intervention by the sports registered dietitian (RD)T (