

May 10, 2024

To Whom It May Concern:

First, I want to sincerely thank the donors and the selection committee for awarding me these funds to travel to an international conference and attend an NIH meeting. I learned an exceptional amount of science and made numerous connections during my travels.

I presented a poster at both meetings and was able to get feedback from a diverse range of scientists about my studies and future directions. This will be extremely useful as I continue working on this project and allow me to go in directions I may not have considered otherwise. The investigators who attended these meetings are some of the most prominent in the field of exercise physiology, so their input will help my projects reach new heights. I also developed skills regarding how to present a poster effectively, and learned how I can improve aspects of my design for the future. For these reasons, presenting my poster at this meeting has already helped me grow as a scientist and progressed my career.

From the poster sessions, I was able to learn about new ways to address problems I am working on and was introduced to several new techniques and methods of discovery that are applicable to my own research. From the oral sessions, I was given an in-depth overview of the different areas of exercise metabolism. Furthermore, I am now aware of some of the history of the field and how it has moved in different directions over the years.

In addition, I met numerous investigators performing high caliber work in the field of exercise metabolism. I was able to have conversations with several of them, whether it was about their path to where they are now, their current research, or where they think the field is going in the future. I also learned how to get involved in public health initiatives to help translate our research into the public domain.

There were also a few investigators working on similar or complementary projects who I will now initiate collaborations with. This is exciting, because as a young investigator, collaborations will teach me how to communicate, work with others, and think at a higher level. These collaborations will progress my career as well as my science by allowing me to go more in depth on certain projects.

After attending the meetings, I have more clarity as to where the field is going in the future and where there are large gaps in our understanding of the physiological adaptations to exercise training. This can help form the basis of future projects and allow me to move into uncharted territory in the field.

I will always remember this conference, my first as a PhD student, very fondly and will be forever grateful to the donors who made this possible. I am honored to be a small part of Jan R. Cloyde's legacy, and I cannot wait to see where the knowledge and connections I gleaned from this experience take me in the future.

Sincerely,

Morgan Johnson