The Journal of Applied Physiology (ISSN-8750-7587) is published online twice monthly and bound once in print monthly (two volumes per year) by the American Physiological Society, 9650 Rockville Pike, Bethesda, MD 20814-3991 and online at www.jap.org. Subscriptions Prices (postal). For institutional print and online pricing, please see http://www.the-aps.org/publications/subs/. Individual Pricing: Print and Online: $1,180 US; $1,285 International. Print Only: $1,145 US; $1,255 International. Online Only: $980. APS members: Online is free. Subscriptions from outside the United States are payable in US currency or full equivalent. Subscriptions are accepted on a calendar-year basis only. Single Copies: Back Issues: When available, back issues, $220 each postpaid. Periodicals postage paid at Bethesda, MD and at additional mailing offices. POSTMASTER: Send address changes to the Journal of Applied Physiology, 9650 Rockville Pike, Bethesda, MD 20814-3991.

The Journal of Applied Physiology® is a registered trademark of the American Physiological Society. Copyright © 2016 by the American Physiological Society. Printed in the United States of America by Cadmus Communications—Hurlock Division, Hurlock, MD 21643-3713. The code at the bottom of the first page of an article indicates the copyright owner’s consent that copies of that article may be made beyond that permitted by sections 107 and 108 of the US Copyright Law—unless the copies are for general distribution, for advertising, for creating new works, or for resale—provided the per-copy fee is paid through the Copyright Clearance Center, Inc., 222 Rosewood Dr., Danvers, MA 01923.

Change of Address: The Journal must be advised of a change of address at least 6 weeks prior to date of issue, with both the subscriber’s old and new addresses given. Undelivered copies resulting from address change will not be replaced.

Editorial and Business Correspondence: Journal of Applied Physiology, 9650 Rockville Pike, Bethesda, MD 20814-3991.

Disclaimer: The statements and opinions contained in the articles of Journal of Applied Physiology are solely those of the individual authors and contributors and not of the American Physiological Society. The appearance of advertisements in the journal is not a warranty, endorsement, or approval of the products or their safety. The American Physiological Society disclaims responsibility for any injury to persons or property resulting from any ideas or products referred to in any article or advertisement.