



## Remote Running Study

Subject: Remote Running Study

Message from Billy Green January 11, 2021 13:55

All Club e-mail messages can now be viewed via the Ilford AC web site link at

[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

For anyone interested and who has some spare time on their hands (I'm guessing most of us!!)

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My name is Alex Ehlert and I am a PhD candidate studying the effects of various factors on gastrointestinal issues during running. One of my dissertation studies is evaluating how factors such as nutrition intake, psychological factors, and gastrointestinal symptoms interact with each other during runs. Specifically, I am asking runners to track some info about their runs for one week and to complete a 10-15 minute electronic survey. As I am sure you can imagine, completing a dissertation in 2020 has been a challenge and I am looking for help! I have a recruitment flyer that outlines the study and the criteria for participating that I can send to you. Is there any way you could send this flyer to runners within your club or any others that you think may be interested?

I'd be happy to answer any questions you have or provide additional information about the study.

Thanks,

Alex

Alex Ehlert  
PhD Student - Applied Kinesiology  
Dept of Human Movement Sciences  
Old Dominion University

If you need to respond to this email please do not reply but contact Billy Green separately



[RunningStudyRecruitmentFlyer.pdf](#)



Founded in 1923

# Remote Running Study

## Runners Needed for a Research Study



This peline study is examining the relationships between psychological factors, nutrition intake, and gastrointestinal (GI) symptoms during running.



Participation involves the following:

- Tracking information about your training runs for one week
- Completing a 10-15-minute electronic survey



To be eligible, you must:

- Be aged 18 years or older
- Run at least 20 miles/32 km per week
- Have run at least one run that was >60 minutes in the past two weeks

Contact person: Alex Ehlerf (aehle003@odu.edu)

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