

Runners Needed for a Research Study



This online 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 per week
- Have run at least one run that was ≥ 60 minutes in the past two weeks

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

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu

Aehle003@odu