

# 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/32 km per week
- Have run at least one run that was  $\geq 60$  minutes in the past two weeks

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