



SMRI

sports medicine research institute

WE ARE LOOKING FOR RUNNERS!

PURPOSE:

To determine the usability of small wearable technologies for tracking changes in running mechanics related to training-induced fatigue.

INCLUSION CRITERIA:

- Between the ages of 18 - 40
- Injury free (past 6 months)
- Running an average of at least 20 miles a week
- Able to run a 5k in less than 25 minutes (~8 min per mile pace)

ADVANTAGES FOR YOU:



Evaluation of your **VO₂max** and **anaerobic threshold**



Measures of body composition (**% body fat**)



NEW: Data about changes in **running mechanics** following a "hard" training session

Interested? - Please scan the QR code below:



For additional information,
please contact:
Reiley Bergin, (574) 250-1356
Reiley.Bergin@uky.edu
All queries are confidential.



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