



Sport Science Laboratory

Seeking Participants for a Research Study

An Evaluation of Training History, Gender, Age, and Mood States Related to Race Performance

IRB # 2024-0523-QC

The purpose of this research study is to explore the role of gender, age, training history, and psychological states on performance outcomes in runners.

Do you meet the following criteria?

-18 years or older

-running in a Marathon or Half Marathon

What would you do for the study?

- Complete a brief questionnaire about demographic information, training history, sleep, and mood states which should take no more than 10 minutes to complete
- Submit a saliva sample for the analysis of the stress hormone, cortisol. (Taken on the day of the race)

If you have questions, please contact Dr. Bridget McFadden (bridget.mcfadden@qc.cuny.edu)

