

VOLUNTEERS WANTED

for Beachy Head Marathon research study

“Predicting off-road marathon times from fitness parameters”

It is possible to predict your road-marathon race time based on your speed over 5 or 10 km, or other physiological variables that we can measure in the lab. However, these predictions do not hold true for more undulating, off-road marathons. We will investigate whether there is anything about your fitness (your VO_{2max} , lactate threshold, leg strength, running economy etc) that will allow us to accurately predict your Beachy Head marathon time.

If you are planning to run the 2011 Beachy Head Marathon we would love to get you involved in this research project.

What the study involves...

- **1 hour lab visit** which will take place during the 4 weeks prior to the Marathon. The visit will include treadmill running and strength testing.
- **Completion of questionnaire** about training history and any previous race times

Volunteers will receive...

- **A comprehensive performance profile** which will include tests of VO_{2max} , lactate threshold, running economy and leg strength



If you would like to volunteer or would just like more information please contact Dr Emma Ross via email:

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