

Are you planning to run your **FIRST MARATHON??**

We are recruiting healthy first-time marathon runners to participate in a research experiment to help us understand how running style and bone health change while training for a first marathon.



**Compensation
provided**

To be eligible for the study you must:

- Be a healthy **adult age 18-65**
- **Never run a distance longer than 12 km (7.5 miles)** in a single session (yet!)
- **Registered for a marathon** that will take place during the next 12 months

If you agree to participate we will collect the following information about you:

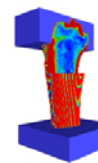
- **Running biomechanics** (upon enrollment and after the marathon)
- **Bone health**, using a low-dose x-ray (upon enrollment and after the marathon)

This research will take place in two locations:

- Running Biomechanics: Biomechanics Laboratory at Gordon College, Wenham, MA
- Bone health: Musculoskeletal Biomechanics Laboratory at Worcester Polytechnic Institute (WPI) Worcester, MA



WPI



**Musculoskeletal
Biomechanics
Laboratory**

Marathon Study

Contact Karen or Nate
phone: 508-831-5338
email: MBL@wpi.edu

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