



Runners Needed for Research Project by TWU

Criteria:

Female Distance Runners
18-49 years old
Normal Menstruation Patterns

Purpose:

To Determine the Effects of Three Different Stretching
Protocols on Running Economy

Benefits:

Determine your cardiovascular fitness (VO_{2max} Test)
Learn how efficiently you use oxygen while running
Identify the best stretching protocol for optimal
performance

Participation is Requested but is Voluntary

If Interested, Please Contact Kelley Henry:
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