



THE
UNIVERSITY OF
BRITISH
COLUMBIA

The University of British Columbia
2136 West Mall
Vancouver, B.C.
Canada, V6T 1Z4
Tel: (604) 822-2718

Thank you for considering participating in a research study our lab is conducting, which aims to understand runners' emotional experiences.

We are recruiting runners to provide data about their running experiences over the course of a month. The study is simple: we'll ask you to complete 3 short surveys (5-10 minutes, each) online. After you complete all 3, you will be awarded five entries into a prize draw. Winners will receive one of twenty \$50 gift cards to a running store of their choice (participants who are able to complete only two surveys will earn three entries into the draw, and those who complete only the first survey will earn one entry). Plus, you'll be doing a major service for psychological research on exercise, achievement, and running.

If you are willing to participate, please click on the link at the end of this ad to access the first survey. Two weeks after you complete it, we'll send a second survey asking you to reflect on your running performances from those past two weeks. Finally, two weeks after that, we'll send a third survey.

We aim to recruit 300 runners for this study. All runners must run with some kind of performance goal in mind (e.g., aiming to achieve a particular time, distance, pace during your runs), and must have a way to record these performances (e.g., smart phone, GPS watch, treadmill or elliptical). If you know runners who are not in this Facebook group but meet these criteria, please forward this message to them as well – if you refer them using your reference code at the end of the first survey, you can earn extra entries in the draw.

Thanks for considering participating! This research is led by Gordon Heltzel, a PhD student in psychology at UBC, and Dr. Jessica Tracy, a professor of psychology at UBC. If you have any questions about the research, please email Gordon at gheltzel@psych.ubc.ca

This is the link to the first survey in this study:

https://ubc.ca1.qualtrics.com/jfe/form/SV_8vrlQ06CMmisgO9