

**PARTICIPANTS NEEDED**

**FOR**

**RUNNING**

**STUDY**

**LOOKING FOR**

**ROAD RUNNERS | TRAIL RUNNERS | NON-RUNNERS**

**ABOUT**

**TO INVESTIGATE HOW PHYSICAL ACTIVITY, RUNNING-RELATED FITNESS, AS WELL AS RUNNING TERRAIN, ENVIRONMENT AND NAVIGATION ABILITIES INFLUENCE PERFORMANCE ON COGNITIVE TASKS THAT ASSESS LEARNING AND MEMORY ABILITIES.**

**WHO**

- **AT LEAST 18 YEARS OF AGE**
- **ENGLISH SPEAKING**
- **HAS COMPUTER WITH INTERNET**

**FOR MORE INFORMATION,  
PLEASE EMAIL  
[TRAIL.RUNNING.STUDY@UBC.CA](mailto:TRAIL.RUNNING.STUDY@UBC.CA)**



**PARTICIPANTS WILL BE ENTERED IN A DRAW FOR FIVE \$20  
GIFT VOUCHERS UPON COMPLETION**

**PRINCIPAL INVESTIGATOR: LARA BOYD, PT, PHD  
UNIVERSITY OF BRITISH COLUMBIA  
REB #: H23-02472 // VERSION 3  
03/05/2024**