 

Seeking Participants for

**Prevention of Running-Related Injuries for the**

**SportMedBC Vancouver Sun Run InTraining Program Study**

We want to know whether tailored online evidence-based running injury prevention advice is effective for preventing running injuries.

YOU could help!

**Who?**

* Are you a participant of one of the running groups of the SportMedBC Vancouver Sun Run InTraining Program **(LearnToRun10K, TunWalk10K, or Run10KStronger)**?
* Do you want to learn more about the prevention of running injuries?
* Do you have access to a computer or tablet and personal email account?

**What?**

* Fill out 7 online questionnaires and read online evidence-based tailored running injury prevention advice that is provided for you.
* Each questionnaire should take about 10 minutes to complete and the advice should take 5-10 minutes to read.

For further information please go to https://is.gd/runninginjurystudy

For questions related to the study, please contact Heather Hollman @ [h.hollman@alumni.ubc.ca](mailto:h.hollman@alumni.ubc.ca) or (604) 862-1051