

Thank you for your interest in our Running Study at ECU's Physical Therapy Human Movement Lab!

The study includes subjects aging between 30-89 and consists of the following: 3D motion analysis (running across 2 force plates 40-50 trials; about 50 feet per trial), a full lower extremity evaluation conducted by [Dr. Blaise Williams](#), and a taped segment of you running on the treadmill for a couple of minutes. The entire process usually takes about 2 hours.

We are currently looking for females in the age groups of 30s and 50s-80s and males in the age groups of 30s and 70s-80s, but will accept anyone aged 30-80s.

Please note the following INCLUSION CRITERIA:

- no current injury
- no cardiovascular compromise
- "recreational runner" >6 miles/week for 6 months at least
- no total joint replacement (hip or knee) or joint fusion

Please let us know what days/times work well with your schedule and we will do our best to make an appointment that will suit everyone! Call or email if you have any questions regarding the study or your participation.

Running clinic information and directions: <http://www.ecu.edu/pt/RACE.cfm>

You will need to park in the spaces marked "B Parking" in the lots closest to the 5th Street entrance. Upon arrival we will give you a parking pass to hang on your rear-view mirror. Please bring shorts (and sports bra if a female) as well as your running shoes. We will have you fill out a consent form prior to running that explains the study and asks for a history of your prior running injuries.

Looking forward to hearing from you soon,

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