„Performance and wellbeing across the menstrual cycle in female endurance runners: A participatory, citizen science approach (Pre-PACE)“

Who we're looking for:

Adult recreational runners who regularly compete in races. Former runners and coaches? You're welcome too!

What's happening:

- One-time online focus groups with the running community
- Timing: we'll find a slot that works for you (via email)
- Duration: 60–90 min

What it's about:

We're planning a study on how the menstrual cycle affects performance and well-being in female runners. The focus groups are part of the early preparation phase – we want to collect experiences from the running community to make sure the study design actually reflects real experience. The goal: a study that's grounded in practice, not just theory.

Project: https://www.citizen-science.at/projekte/pace

Österreich *forscht*
www.citizen-science.at

Who moderates the dialogue?

Study coordinator & contact person: Sophia Hensler M.Sc.
Sophia.Hensler@i-med.ac.at

Study lead: Univ.-Prof. Dr. med. Anne Hecksteden

Researcher: Christian Kraft M.Sc.

We look forward to seeing you there!