

Recruiting female runners and cyclists to participate in a study evaluating how exercise, stress, and cognition influence the risk of menstrual cycle irregularities



Location

- 2 in-person visits to the UCCS Hybl Sports Medicine and Performance Center (4925 N Nevada Ave, Colorado Springs, CO)
- At-home monitoring

If you decide to participate, you would be asked to:

- Monitor the length of your menstrual cycle, hormone levels, daily stress, physical activity, and diet habits at home for ~3 months
- Provide and store several saliva samples at home
- Come to the UCCS Hybl Sports Medicine and Performance Center for two 1.5 to 2 hour laboratory visits to measure your maximal aerobic capacity (e.g. VO_{2max}), DXA body composition, and resting energy expenditure

You may be eligible to receive:

- Information about your VO_{2max} , DXA body composition, daily calorie requirements, and hormone levels
- Up to \$150 as a check at the end of the study

Are you eligible?

- 18 to 35 years old
- Regularly do running or cycling exercise for ≥ 30 minutes on 4 or more days per week
- Have regular periods every 21-35 days
- Are not taking and have not taken hormonal contraceptives in the past 6 months
- Are not pregnant or breastfeeding and have not been for the past 12 months
- Have never been diagnosed with a menstrual cycle disorder, metabolic, cardiovascular, or lung disease



Please use the QR code to assess your eligibility.



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