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## Measuring Brain Waves in Runners

**Investigator:** PhD Mensi Skander, MindMaze

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### Participants wanted for scientific study

We are looking for healthy participants for a scientific project involving brain activity measurements in the context of running. To participate you do not have to be an elite runner. Any well-trained hobby runner can do it and help us to solve runner's brain mysteries. We are looking for male runners, able to run 10k in 40 to 48 minutes, running at least three times a week and a minimum distance of 50 km per week. Participants must be heel strikers with shoe size from 9 US to 11 US. Moreover each participant will be asked to fill a health questionnaire to assess his ability to run safely during the experiment. Only participants showing no potential health risk will be able to participate in this project.

### **Aim of the study**

We would like to observe and understand the effects of shoe types on runner's brain activities.

### **Study schedule and duration**

The experiment lasts approximately 3 hours and will take place near the lake at Route de Vidy in Lausanne. During this session, you will have to test 10 different types of running shoes while being equipped with different bio-signal sensors. With each shoe you will have to run 5 minutes at 12 km/h (5 min/km) on paved roads. In between each run, you will have a short break of 5 minutes to ensure that you will stay in your running aerobic (comfort) zone.

While running you will be equipped with an EEG cap to measure brain activity, chest belt for heart rate and movement sensors on the shoe. The used devices are commercially available, certified and are not painful or dangerous! You only have to wash your hair afterwards.

All data will be treated confidentially and will be anonymized.

**Remuneration:** CHF 150

If you are interested in taking part in the study and satisfy the above-mentioned criteria, please contact:

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email: [running-study@mindmaze.ch](mailto:running-study@mindmaze.ch)

Please note that if you contact us by email, your details will be recorded. If you decide that you are not interested in taking part in the study, your details will be deleted immediately.

If you would like further information, please also contact the MindMaze at [running-study@mindmaze.ch](mailto:running-study@mindmaze.ch)