Runners!
Would you like to participate in a walking study?

Researchers at the University of Massachusetts- Amherst are studying how age and physical activity history change your leg strength and the way you walk. **Participate in the study to learn about biomechanical analysis of walking and get free exercise!**

The following criteria must be met to qualify for the study.

- Age 55-75 yrs
- Running at least 15 miles/week
- Healthy body weight
- Ability to walk unaided for 40 minutes
- No cardiovascular, respiratory or neurological problems.
- No history of major reconstructive surgery in lower limb

Participants will be asked to complete two study visits. One visit will involve filling out questionnaires and completing an MRI scan of your leg and will take approximately 1 hour. The second visit will be a 3 hour visit during which we will collect strength and walking data.

If interested, please contact the Boyer Biomechanics lab at boyerbiomech@kin.umass.edu or by calling 413-545-4421