

## EMAIL RECRUITMENT MESSAGE

Hello,

We are researchers from the University of Waterloo. This email is an invitation to participate in a research study we are conducting in collaboration with the University of New Brunswick on the use of voice agents as running coaches. Participation includes:

1. 1-hour session (in person or remote) to fill out a demographics survey, install the system onto your device, and complete a training session with the system.
2. 3-week period in which you will complete at least 6 outdoor running sessions.
3. 1-hour debriefing session (in person or remote) to share your experience.

In-person sessions will be held on campus at the University of New Brunswick in Fredericton, NB. Remote sessions will be conducted using video conferencing software. Participants will receive up to a \$50 gift card as a token of appreciation.

Basic eligibility criteria include:

- You are over 18.
- You are comfortable exercising (a mix of running and walking) outdoors for at least 12 minutes without stopping.
- You own a smartphone and headphones, and can stream and listen to audio during your outdoor runs.

If you are interested, please fill out this short sign-up form to help us assess if you qualify for our study: [https://uwaterloo.ca1.qualtrics.com/jfe/form/SV\\_ac7yyXH68pHM6SW](https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_ac7yyXH68pHM6SW). If you are eligible, we will reach out to schedule a time. If you have any questions, please contact Casey O'Neill by email at [casey.oneill@uwaterloo.ca](mailto:casey.oneill@uwaterloo.ca).

This study has been reviewed and received ethics clearance by the Research Ethics Boards of the University of Waterloo (ORE#46929) and the University of New Brunswick (REB#2025-077).

Sincerely,

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