

RUNNER'S HIGH OR RUNNING HIGH

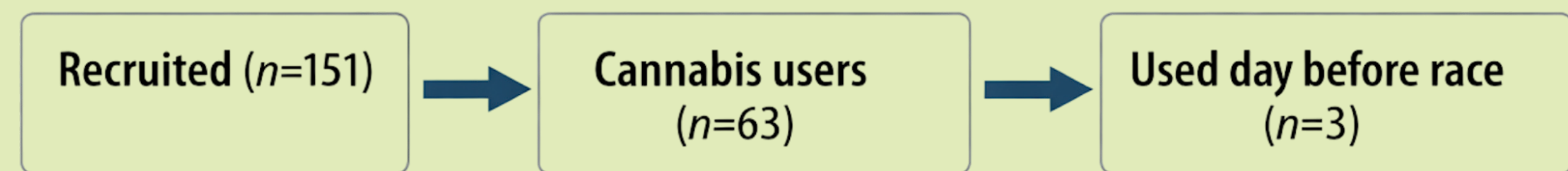
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BACKGROUND

- "Lazy Stoner Archetype" - cannabis consumption associated with **inactivity not supported by data**⁵
- Recent research shows adults are increasingly **pairing cannabis with exercise**:
 - Enjoy the Exercise Experience¹²³⁶
 - Improve Sleep²³
 - Decrease Stress²³
 - Manage Pain²³⁴
 - Improve Recovery²³⁴⁶



SAMPLE OVERVIEW



42% CONSUME CANNABIS
Daily: n = 9
Weekly: n = 21
Infrequently: n = 40

95% think athletes who test positive for cannabis **SHOULD NOT** be banned from competition

CONCLUSIONS

- **Yes, many distance runners consume cannabis**
 - Implications for competition drug testing
- Most report they use cannabis products:
 - Unrelated to their training
 - Before/During training for enjoyment
 - After training for recovery & pain relief

PURPOSE

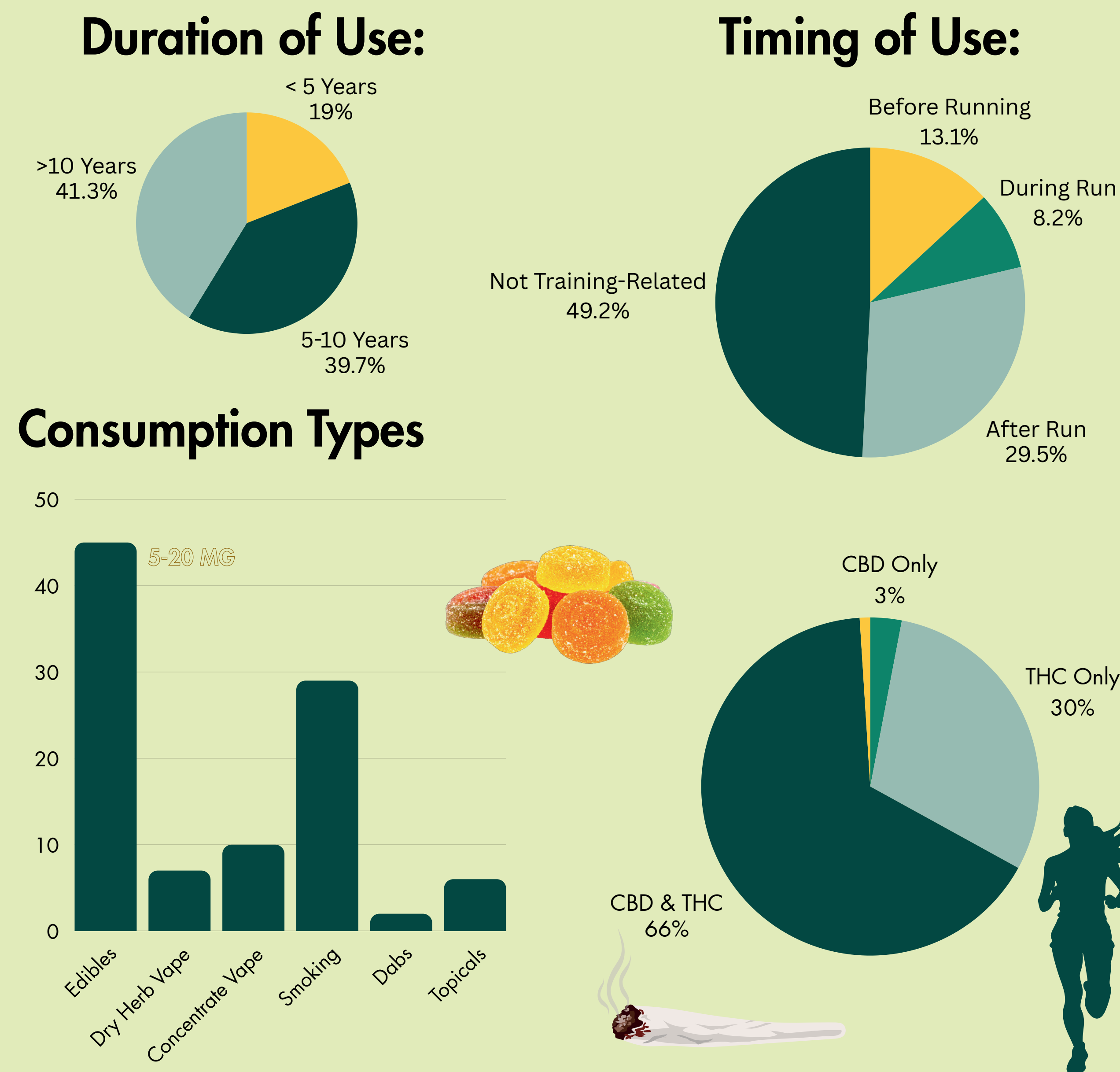
- Understand the prevalence and cannabis use behavior patterns among distance runners competing at the Avenue of the Giants marathon

METHODS

- **Avenue of Giants marathon in May 2025**
 - 10k, ½ marathon, full marathon
- 151 Runners were approached & consented to complete a survey after finishing their race
 - Race experience, demographics, cannabis use*, and day of cannabis use*
- Descriptive statistics performed in Google Sheets
- Study was approved from Cal Poly Humboldt IRB

*if applicable

CANNABIS USE BEHAVIORS



FUTURE DIRECTIONS

Phase 2 of Research Analysis:

- Cannabis use & race performance
- Cannabis use & race experience



Future Research Should Investigate:

- More Participants in different race locations and race length (ultramarathons)
- Cannabis use and
 - Time perception during exercise
 - Aerobic endurance & anaerobic power
 - Pain tolerance
 - Injury Prevention & Rehabilitation

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