**PARTICIPANTS NEEDED: VR Cycling Study**

**Experience the Future of Fitness in Virtual Reality!**

The School of Computer Science and Informatics at Cardiff University is recruiting participants for an exciting research study exploring how virtual reality can enhance cycling workouts through different social dynamics.

**What will you do?**

* Try out three different VR cycling scenarios in an immersive virtual velodrome
* Experience solo cycling, team-based cooperative cycling, and competitive racing
* Complete brief surveys about your motivation and experience
* Take a personality assessment to help us understand your preferences

**Who can participate?**

* All fitness levels welcome - from beginners to experienced athletes
* No prior experience with VR or cycling required
* Must be able to attend three 45-minute sessions at Cardiff University

**Why participate?**

* Experience cutting-edge VR fitness technology
* Discover which social dynamic (solo, cooperative, or competitive) best motivates your workout
* Contribute to research that could help make exercise more engaging and enjoyable
* Gain insights into your personal exercise preferences

**Important details:**

* Sessions will take place in Abacws/2.63/VR Lab
* Each session lasts approximately 45 minutes
* The three sessions will be spaced apart to ensure you're well-rested
* All data collected will be anonymised and kept confidential

**Interested in participating?**

Contact George Lynch at LynchG8@cardiff.ac.uk for more information or to sign up.