**A. Script to be read to classes to recruit research subjects:**

Amy Menzies and Amanda Martinez are conducting a research project to determine the effects of caffeine consumption on core body temperature in the physically active during exercise.

In general, participation in the study requires that you are a healthy, physically active male or female between the ages of 18 and 30 years. Other factors such as your fitness level and body composition (% body fat) will also be used to determine eligibility for participation.

Participation will require a total of 3 visits to the laboratory where you will perform a graded maximal exercise test on the first day. The last 2 visits you will perform an endurance exercise ride in a hot environment (370C, 33%RH). On one of the endurance exercise test you will be given 6mg/kg of body weight of caffeine. You will also swallow a core temperature pill for the last 2 visits to the lab so your core body temperature can be recorded. All visits to the laboratory will require about 1½ hours of your time.

I will now answer any questions you may have about the study.