

## COLLEGE OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES

When completing this form please remember that the purpose of the document is to clearly explain the ethical considerations of the research being undertaken. As a generic form it has been constructed to cover a wide-range of different projects so some sections may not seem relevant to you. Please include the information which addresses any ethical considerations for your particular project which will be needed by the SSIS Ethics Committee to approve your proposal. In completing this form please make full use of the guidance and resources available at <http://intranet.exeter.ac.uk/socialsciences/ethics/>

All staff and students within SSIS should use this form to apply for ethical approval and then send it to one of the following email addresses:

[ssis-ethics@exeter.ac.uk](mailto:ssis-ethics@exeter.ac.uk) This email should be used by staff and students in Egenis, the Institute for Arab and Islamic Studies, Law, Politics, the Strategy & Security Institute, and Sociology, Philosophy, Anthropology.

[ssis-gseethics@exeter.ac.uk](mailto:ssis-gseethics@exeter.ac.uk) This email should be used by staff and students in the Graduate School of Education.

Applicant details	
Name	Benjamin Juarez
Department	Sociology, Philosophy, Anthropology
UoE email address	bj280@exeter.ac.uk

Duration for which permission is required		
You should request approval for the entire period of your research activity. <u>The start date should be at least one month from the date that you submit this form.</u> Students should use the anticipated date of completion of their course as the end date of their work. Please note that <u>retrospective ethical approval will never be given.</u>		
Start date:	End date:	Date submitted:

Students only	
All students must discuss their research intentions with their supervisor/tutor prior to submitting an application for ethical approval. The discussion may be face to face or via email.	
Prior to submitting your application in its final form to the SSIS Ethics Committee it should be approved by your first and second supervisor / dissertation supervisor/tutor. You should submit evidence of their approval with your application, e.g. a copy of their email approval.	
Student number	670049209
Programme of study	
Name of Supervisor(s)/tutors or Dissertation Tutor	Michael Schillmeier (First) Mike Michael (Second)
Have you attended	

any ethics training that is available to students?	<p>For example:</p> <p>i) the Research Integrity Ethics and Governance workshop: <a href="http://as.exeter.ac.uk/rdp/postgraduateresearchers">http://as.exeter.ac.uk/rdp/postgraduateresearchers</a></p> <p>ii) Ethics training received on Masters courses</p> <p>If yes, please specify and give the date of the training:  <a href="#">Click here to specify training</a></p>
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### Certification for all submissions

I hereby certify that I will abide by the details given in this application and that I undertake in my research to respect the dignity and privacy of those participating in this research. I confirm that if my research plans change I will contact the Committee before research takes place and submit a request for amendment or, if necessary, complete a further ethics proposal form. I confirm that any that document translations have been done by a competent person with no significant changes to the original meaning.

**Benjamin Juarez**

Double click this box to confirm certification ☐

*Submission of this ethics proposal form confirms your acceptance of the above.*

### TITLE OF YOUR PROJECT

**Distance athlete's æffect on urban rhythm |**

**How do ultra-runners run in automatized cities?**

**Distance athletes in urban rhythm |**

**How do ultra-runners run through and out of cities?**

### ETHICAL REVIEW BY AN EXTERNAL COMMITTEE

If you selected yes from the list above you should apply for ethics approval from the appropriate organisation (the NHS Health Research Authority or the Ministry of Defence Research Ethics Committee). You do not need to complete this form, but you must inform the [Ethics Secretary](#) of your project and your submission to an external committee.

### MENTAL CAPACITY ACT 2005

If you selected yes from the list above you should apply for ethics approval from the NHS Health Research Authority. You do not need to complete this form, but you must inform the [Ethics Secretary](#) of your project and your submission to an external committee.

### SYNOPSIS OF THE RESEARCH PROJECT

*Maximum of 750 words.*

Health and happiness are common goals among the general public, but they can take many forms and paths. Ultrarunners seem to defy both concepts since they overtake a risky activity. Taking the body to its limits challenges:

- corporeal health, experimenting the body breaks;

- mental health, because the average person sees ultra as insane~~is sounder than extreme defiance~~;
- sometimes neither physical well-being nor sanity are present in ultra.

The present research aims to understand how and with what effects (for themselves and their environment) do endurance runners achieve distances further than the marathon. Ultrarunning, also allows to find new ways in which the city and the country are inhabited, giving place to flows and rhythms specific to urban space.

This research aims to answer the following research questions:

1. How do runners learn to go further than 42,195 K?
  - Technical (sport-wise and bodily functions) learning and resources
  - Time and money management
  - Analogical and digital social nets, community, **e-health tech**
  - Motivation, Focus, Sacrifices, Gains
  - Handling the unexpected: out of road, out of fuel, out of light, out of heat, out of sleep, bathroom needs, dilutional hyponatremia and hallucinations
1. How is the lively experience of runners during these running event races?
  - How do runners manage the transition from urban training space to countryside runs
  - Appreciation of green public spaces, nature conservation
  - Sharing a common environment with non-runners and non-humans
1. What concept of health does ultrarunning elicit?
  - May it reshape the thinking of the general public?
  - Is running ~~so much crazy~~ ultra mentally and physically unhealthy?
1. How (if at all) does ultrarunning change the(ir) world?
  - Changes in productivity in the workplace or no workplace
  - Production at gears level and changes in city
  - Attempting rhythms in urban context
  - Mingling beyond anti-rhythms of traffic and work day hour flows

Several empirical elements will serve the research:

- Autoethnography. The researcher is a runner with two decades of casual experience with distances up to marathon. Moving forward to ultra-distance would mean to go through a similar path to that of other ultra-runners. The inside view is expected to be of maximum closeness since the experience is not lived from an outside view but rather from a lively first person perspective.
- Observation, Contact, and Direct Interviews. Contact with other ultra-runners begins when one frequents groups of runners through social contacts during training period as well as common acquaintances at races. The researcher is both already in a running group as well as frequented several races along the past 8 months, both as runner and as collaborator.
- Remote Questionnaire. The researcher has taken instructorship training in a running technique: ChiRunning. Since the year 2012 I am a Certified ChiRunning Instructor and have given workshops through the Country some times each year ever since. This gives access to other running instructors over the worlders in same position-role and who are already willing to participate in a survey that can be provided in different points around the

world. This has been discussed with the American pioneer of this training method, Danny Dreyer, who has shown interest and good disposal to participate along with his instructors.

- Data. Through the past 30 years, there is a very large and increasing amount of information directly produced by ultra-runners, be them elite high-profile winners as well as average endurance runners who share their experience of adventure exploration and survival, charity, tourism, nutrition, motivations and interests, challenges, and recognizing and highlighting the value of natural emplacements through great extensions of land. These profiles are in diverse genres such as magazine articles, both fictional and realistic documentaries, web blogs, and of course books in several genres: memoirs, (auto)biographies, Photojournalism, Journalistic-nonfiction, Fiction, and so on.

## INTERNATIONAL RESEARCH

It is intended that this research will not put closure to a specific geographic area. It nurtures with bibliography and interaction with runners from around the world. As part of the fieldwork it is planned to train and race mainly based in Argentina, South America. Most interviewees are expected to be from this area. Other interviews are to be taken by video, skype and survey methods.

Given that the majority of the research is conducted in one country alone it can be considered that it is not necessary to apply at Research Ethics Committees in other areas.

The following sections require an assessment of possible ethical consideration in your research project. If particular sections do not seem relevant to your project please indicate this and clarify why.

## RESEARCH METHODS

This research will consist of

- Direct Observation and Contact
- Interviews >> Itinerant
- Remote Questionnaire
- **Data:** Books, Magazines, Video, Web

### Sample

I aim to have contact both in person with runners from my shared physical community as well as contact via email, social media, with runners from the country and from abroad. The ultra running world is quite small and with a sense of community and participation, hence the chance to make contact remotely has already began with positive responses and is expected to continue in that fashion. Some characteristics expected from the sample:

- The profiles are in concordance with current or past capacities for running distance. Some interviewees may also be planning to run ultra ahead in time, and the training is part of what is put into question.
- They have already set a number of accomplishments to consider themselves both runners and ultrarunners.
- They find joy in sharing their experiences and do so with no social pressure other than the desire to participate.
- It is desirable that the group of interviewees have different backgrounds and socio-economic conditions, however this may happen around the world, but in the local case race fees are quite expensive, which halts lower income runners to participate.

In the first year of accessing the field data it is already apparent that through books, ultra runners are intending to share their experiences and are willing to continue this communication via social media, such as twitter, linkedin, email, instagram.

### Expected outputs

At this stage I look forward to producing some academic material:

- A literature review of the academic bibliography
- A literature review of the data produced by participants
- Addressing the theoretical implications of the subject
- Formal presentation of research findings at University

### Sensitive topics

Participants are in general aware of the risks involved in running at endurance events. This point is to be sensible about and be clear that no harm is intended to interviewees.

## PARTICIPANTS

The number of indirect data for analysis already has a base with secondary documentation: books, magazines, videos, mentioned before. That alone provides a basis of no less than 15 accounts from ultrarunners from different points of view, nationalities and subjects. Aside from that there is no specific number expected of participants. Surveys with ChiRunning Instructors should be no less than 5 and very likely to be more.

As for people to be interviewed directly it is likely to share experiences with other racers, with whom I already have contact and plans for training together, at least with 3-4 persons, before commencing field work.

Ideally the range of persons in total taken into consideration, with secondary and primary material all together, will be at no less than 15-25, depending on the amount of people effectively willing to respond surveys and access in-field. If responses become in larger amount it would be beneficial to have up to 50 a higher number participants, the contrary will not be negative either.

Either way, Tthe potential material is plenty should suffice for a in-depth study.

The material is plenty to do in-depth study.

Medical specialists or others non runners have not yet arisen as possible participants but are welcome if they come up, which is probable, through the research.

## THE VOLUNTARY NATURE OF PARTICIPATION

To recruit runners I already have in mind a range of approaches.

- Direct contact through training group and races.
- Virtual media contact after reading native narratives and video depictions.
- Email contact with editors and writers in magazines.
- Email (and open possible video) with ChiRunning practitioners.

Through the same approaches other roles may be considered.

- Race Organizers
- Medical and emergency assistance
- Trainers

- Police and civil state workers

For contact through email it will be preferred to use the University address to make clear the intent of the contact.

Written consent will be a must and interviewees will be delivered sample information and consent forms.

The interviews will have the open possibility to be either personally identified or rather anonymous. This is because running is an achievement shared with peers and this kind of community spirit of sharing is part of what is the norm by the native literature.

As of recording the beginning of each interview will ask for permission and I will state clearly that the recording can stop at any point that the interviewee may require. Also the interviewees will be able to exit their participation in the research at any time.

## **SPECIAL ARRANGEMENTS**

Not applicable

## **THE INFORMED NATURE OF PARTICIPATION**

Following attachments include the consent form with information about the nature of the project that will be delivered to participants of the research. I will explain the research project prior to the interviews and hand out the paper with all this information and remain available for questions at all times.

## **ASSESSMENT OF POSSIBLE HARM**

Interviews with runners, organizers, and other roles from races

There is not much expected to be a matter of conflict for runners who decide to take these endeavours by their own selves. An inconvenience may be that they might take some kind of illegal substance to enhance their chances in winning a competence.

It will be clear that the information delivered through interviews is confidential and will not be spread in any way to harm the research participant.

I have experience interviewing school teachers from a prior job at a publisher, hence I will feel able to move through the interview at ease, and will keep a spirit of comfort for both sides.

Risks for the researcher

The major risks as an ultrarunner autoethnographer is the same as that for my peers, physical and mental risks of too much exercise and potential deprivation of food, water, sleep and a long list of unexpected possibilities that come from adventuring into the wild ~~and cozy mother~~ nature.

Potential preventions

- Notify, and likely to go with, my wife on race days
- Resend email of inscription to race, forwarded to supervisor
- Have someone check to call me after the race that all is in place
- Most physical risks can be associated with runners pushing to hard to make a fast race, and/or not properly conditioned. I expect to do my races in the range of what is possible according to current training. Also periodical medical check ups shall be in line.

Medical check ups ???

## DATA PROTECTION AND STORAGE

I will inform participants of the purpose of research and how the data they provide will be used. Confidentiality is a priority and non-identification will always be offered, this is left for the participant to decide, it is likely that they would like to be recognized by their efforts and accomplishments. They will also be notified that they can withdrawal consent at any moment. All the data will be secured during the research period. Identification will only be possible under consent.

### Say where the data will be stored and for how long

The data will be stored for as long as the research goes on, projected to end between 2021-2022.

Data Protection Notice - The information you provide will be used for research purposes and your personal data will be processed in accordance with current data protection legislation and the University's notification lodged at the Information Commissioner's Office. Your personal data will be treated in the strictest confidence and will not be disclosed to any unauthorised third parties.

The answers/transcriptions will be stored at the **Exeter** University Drive for research purposes alone. The data will be stored until the end of the doctoral research and publication, that is, no less than 2 years ahead, and even as much as up to 4/5 years more. I will keep a personal copy in my pc, as well as on a personal file hosting service (@dropbox), and in the University's Repository.

## DECLARATION OF INTERESTS

i) I have given and give workshops on the ChirRunning technique but do not involve the technique nor workshops in the research.

i) I have given and give workshops on running technique but do not involve it in research.

ii) My PhD is self-funded.

iii) The research and all results are to be used for academic/educational purposes only.

iv) The results will be published during the period of research, between 2018-2021/2 (and later) .

## USER ENGAGEMENT AND FEEDBACK

Participants are welcome and encouraged to take part in the process of research and publication with questions, comments, and follow ups. This, however, is left open and to their own pace. If possible they shall be invited selectively to different presentations, but with no systematic schedule nor complete reviewal of data base of responses.

## INFORMATION SHEET

**Distance athlete's æffect on urban rhythm |  
How do ultra-runners run in automatized cities?**

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1. What is this project?

I want to understand how people can run so far. Many people don't even try such thing because



they think it is impossible or crazy or both. And they don't know how others can do it. Some people fall in the middle and give it a try but have a really bad time, some get sick, injured or die. If we know how ultrarunners manage these obstacles, I expect that more people can learn how to handle and speak with their own bodies. Together with the physical benefits, it is expected that this type of outdoor activity can bring a better way of living in a city environment and along with other people instead of remaining a stagnant crowd.

2. Who is conducting this research?

I am a PhD student distance based at the University of Exeter and this research forms part of my PhD. My supervisor is Professor [Michael Schillmeier](#) and my co-supervisor is [Mike Michael](#).

I have given running technique workshops but this study has a sociological perspective and will not mix the two.

3. What does this being part of this study mean to me?

It will involve a series of questions and answers that may be in person, or in written form through chat or email, or by video. The average interview is expected to take no less than 10/15 mins and not to go further than an hour.

I appreciate your time and interest in participating and would like to leave clear that you should only answer as far as you feel at ease. You should not answer anything in case you do not feel comfortable with. It is likely that some part of the interview may be used in a publication of the research.

4. Who can I contact for further information?

For any further inquiries you can contact:

Benjamin Juarez  
College Of Social Sciences and International Studies  
Department Sociology, Philosophy, Anthropology  
University of Exeter  
[bj280@exeter.ac.uk](mailto:bj280@exeter.ac.uk)

If you would wish to contact someone further at the University, please contact:

Michael Schillmeier  
College Of Social Sciences and International Studies  
Department Sociology, Philosophy, Anthropology  
University of Exeter  
Amory Building  
Rennes Drive  
EX4 4RJ  
UK

[M.Schillmeier@exeter.ac.uk](mailto:M.Schillmeier@exeter.ac.uk) 0044 1329 722546

5. What will happen to my interview data?

Your interview will be held in accordance with the Data Protection Act.

The information you provide will be used for research purposes and your personal data will be processed in accordance with current data protection legislation and the University's notification lodged at the Information Commissioner's Office. Your personal data will be treated in the strictest confidence and will not be disclosed to any unauthorized third parties.

- Interview and contact details: Interview data will refer to a group of which you are part. Your personal and contact details may be retained for up to 5 years. By request you can require a copy of *your interview*.



## CONSENT FORM

I have been fully disclosed about the aims and purposes of the project.

I understand that:

- there is no compulsion for me to participate in the research project and that I can withdraw participation at any stage;
- I have the right to refuse permission for the publication of any information about me;
- any information which I give will be used solely for the purposes of this research project, which may include publications or academic conference or seminar presentations;
- all information I give will be treated as confidential.

## SUBMISSION PROCEDURE

Staff and students should follow the procedure below.

**Post Graduate Taught Students (Graduate School of Education):** Please submit your completed application to your first supervisor. Please see the submission flowchart for further information on the process.

**All other students** should discuss their application with their supervisor(s) / dissertation tutor / tutor and gain their approval prior to submission. Students should submit evidence of approval with their application, e.g. a copy of the supervisors' email approval.

**All staff** should submit their application to the appropriate email address below.

This application form and examples of your consent form, information sheet and translations of any documents which are not written in English should be submitted by email to the SSIS Ethics Secretary via one of the following email addresses:

[ssis-ethics@exeter.ac.uk](mailto:ssis-ethics@exeter.ac.uk) This email should be used by staff and students in Egenis, the Institute for Arab and Islamic Studies, Law, Politics, the Strategy & Security Institute, and Sociology, Philosophy, Anthropology.

[ssis-gseethics@exeter.ac.uk](mailto:ssis-gseethics@exeter.ac.uk) This email should be used by staff and students in the Graduate School of Education.

Please note that applicants will be required to submit a new application if ethics approval has not been granted within 1 year of first submission.