

HAVITZ, M.E. *Impact of Ego Involvement with Running on Varsity Athletes' Post-University Running Participation and Health.*



Lifetime Retrospectives on Running
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Objectives and Method

Origins of identity as runners?
 Do EI and PC influence development of activity, program, product, and service provider loyalties over time?
 Do social worlds and place attachment moderate the relationships between EI and loyalty in these contexts?
 Does running bridge to other physical activities in athletes' post-university lives?
 To what extent are EI and PC with running gendered?
 What social, psychological and health-related benefits and negative impacts are associated with running over a lifetime?

262 Surveys
 38 Interviews (48 people)
 Retrospective Method

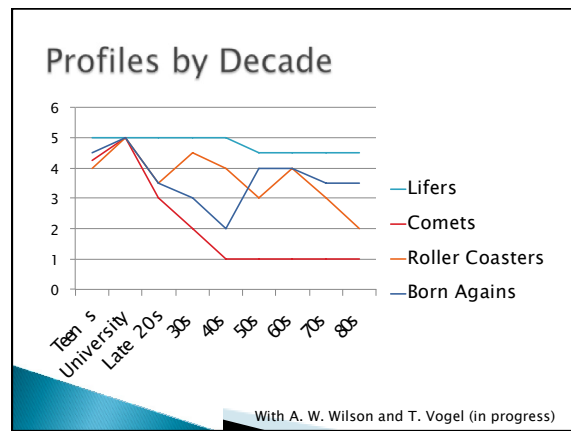
Origins

Initial involvements
 Seekership
 Recruitment
 Closure
 Instrumentality
 Inadvertency
 Managing reservations

Sustaining/intensifying involvements
 Achieving identity
 Making commitments
 Accomplishing activities
 Developing relationships
 Experiencing emotionality
 Internalizing perspectives
 Achieving linguistic fluency
 Subcultural collective events
 Foregoing alternatives

Psychological Continuum Model (PCM):
 Awareness ✎ Attraction ✎ Attachment ✎ Allegiance

With R. Snelgrove (in progress)



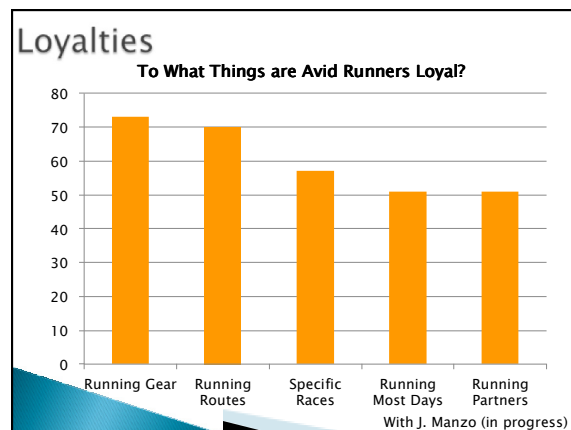
Models

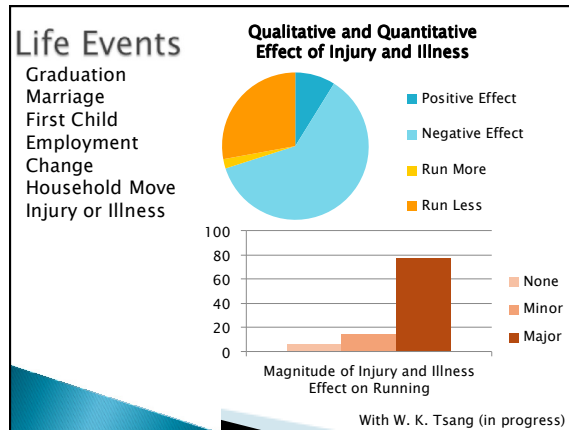
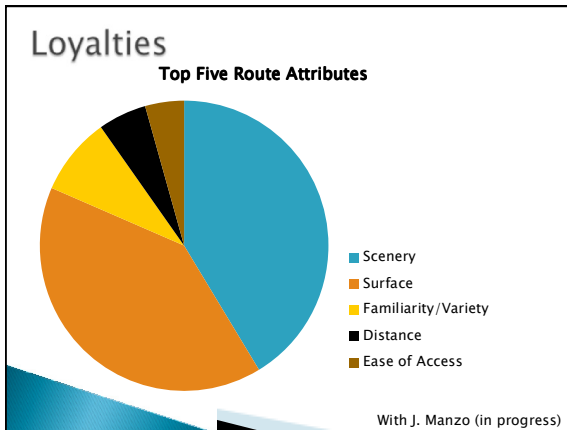
Age Stability hypothesis supported

Current attraction ✎ Identity affirmation ✎ Centrality to lifestyle ✎ Social involvement ✎ Identity expression ✎ Average days run per week ✎ Length of average run ✎ Typical running pace ✎ Competitions in past year ✎ Overall health perception ✎

Ego Involvement ✎ Resistance ✎ Loyalty

With A. W. Wilson and S. E. Mock (in progress)





History

Havitz & Zemper (2013). "Worked out in infinite detail" – Lauren P. Brown and the nationalization of intercollegiate cross country. *MHR*

Havitz (2012). Running Uphill but With Prevailing Wind – Title IX and Women's Cross Country. *NASSH*

Havitz & Geelhoed (2011). "Hurry Back!" Insider Perspectives on Karl A. Schlademan's Post-WWII Cross Country Coaching Dynasty. *NASSH*

"You Remember Every Step of Every Race" – The Improbable Story of Tasmania's First Olympic Medalist, David Lean

Karl's Canucks – "When the 'All-Americans' were mostly Canadians"

One Hundred Years Running on the Banks of the Red Cedar

Research Team

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