**APPENDIX A**

**Interview Guide**

* **Background**
  + Why do you like to run?
  + What does running mean to you?
  + Tell me how you became a competitive runner.
  + What factors do you believe influence how well you run?
    - Why?
* **Nutritional Knowledge**
  + How would you describe your knowledge of nutrition?
    - How has this changed in the last few years?
  + What is your preferred method to find nutritional information?
    - What types of topics do you inquire about?
  + What is your process for deciding what information to use?
    - On a scale of 1 to 10, with 1 being the lowest and 10 being the highest, do you feel your sources are reliable?
      * Why?
    - Have you ever received information from a health care provider?
      * If so, who? What kind of information?
* **Attitudes toward Health**
  + Define health. (see below)
    - If a 10 year old asked you what “healthy” means, what would your response be?
    - If you had to describe the importance of nutrition to a new teammate what would you say?
  + What factors influence your eating habits?
    - Do you feel that your attitude toward health relates to your eating habits?
      * Why/why not? In what way?
* **Perspectives on Eating Habits**
  + Describe how your knowledge of nutrition impacts how you eat.
  + Do your eating habits change throughout your training season?
    - How or why?
  + What kind of nutritional issues or practices do you see among your teammates?
  + Do you have any health or eating habits that you don’t tell your coach or teammates?
    - Tell me more about that.
    - Anything that you avoid?
  + How do you think your options for food preparation impact your eating behaviors?
* **Summary**
  + Do you have any additional thoughts on health and nutrition?