

Protocol for Interviews**Format for Protocol:**

- Main Research Question
- Statement of Related Research Questions
- Broad Questions
 - probes

Research Questions:

Main research question:

In what ways do body experiences influence how female athletes understand and talk about high-level performance as they construct their competitive sport “selves”?

Related Research Questions:

1. What are the narratives that emerge as high-level female trail runners describe “external” body experiences?
2. What are the various ways that female trail runners describe “internal” body experiences?
3. How do the various body narratives inform each other in the understanding of high-level performance for female ultra runners at the individual level?
4. In the examination of the various body experiences, which (if any) body experiences become the basis for questioning the dominant narratives and result in new ways of thinking about high-level performance?

Broad Question One: Background

What can you tell me about yourself?

Probes:

- _____ Q1. What is your running background?
- _____ Q2. Why did you become interested in racing ultras?
- _____ Q3. What were your thoughts as you prepared for your first ultra race?
- _____ Q4. What race/s are you most proud of and why?
- _____ Q5. Is there anything else about yourself you would like to tell me?

Broad Question Two:

What are participants' views about competition?

Probes:

- _____ Q1. How do you define competition?
- _____ Q2. How necessary is competition to achieve high performance?
- _____ Q3. What are the most important elements of competition?
- _____ Q4. When is a race a "good" race for you?
- _____ Q5. How would you describe the ultra running community's view of competition?

Broad Question Three:

What are the essential elements to be mindful of when creating the high performance body for ultra running?

Probes:

- _____ Q1. How would you describe the training principles you follow?
- _____ Q2. Where do you get your knowledge?
- _____ Q3. Do you talk about training principles with other competitors?
- _____ Q4. What part does your own body play in determining how you train?
- _____ Q5. Describe ways in which you have questioned training practices that you thought were working.
- _____ Q6. How often have you changed your race strategy?
- _____ Q7. What causes you to change your race strategy?
- _____ Q8. How do you determine your eating and drinking routine for races?
- _____ Q9. What are some reasons that you decide to change your eating habits during races?

Broad Question Four:

What body “positive” body experiences influence how participants understand competition?

Probes:

- _____ Q1. What is it about ultra running that makes you want to compete?
- _____ Q2. Describe what good moments feel like when racing and training?
- _____ Q3. What do you think about when running feels good?
- _____ Q4. Do good moments influence your understanding of competition? If yes, in what ways?
- _____ Q5. Do good moments influence how you train? If yes, in what ways?

Broad Question Five:

What body “negative” body experiences influence how participants understand competition?

Probes:

- _____ Q1. What is it about ultra running that makes you not want to compete?
- _____ Q2. How would you describe tough moments during a race or training?
- _____ Q3. What do you think about when running feels bad?
- _____ Q4. Do these tough moments influence how you train? If yes, in what ways?
- _____ Q5. Is pain a necessary part of ultra running?
- _____ Q6. Is injury a necessary part of ultra running?
- _____ Q7. What are your thoughts and reactions to pain?
- _____ Q8. How do you prevent injury?
- _____ Q9. How do you respond to injury?

Broad Question Six:

What are participants’ views about femininity/body shape with respect to high performance sport?

Probes:

- _____ Q1. Does being female influence the way you view competition?
- _____ Q2. Have you experienced conflicts in competition due to gender?
- _____ Q3. What tensions do you feel as you strive for high performance in ultra running?
- _____ Q4. What is an ideal ultra running body?
- _____ Q5. Is the body of a female ultra runner considered to be the ideal body in society?
- _____ Q6. Are there any negatives to the ideal body shape depicted in the media?
- _____ Q7. What positive feelings do you have about your high performance body?
- _____ Q8. Do you have any other thoughts you would like to share about the influence of gender in how you achieve high performance?

Broad Question Seven:

What body experiences, if any, cause you to question your participation in ultra running?

Probes:

- _____ Q1. Describe any experiences, if any, in either racing or training that cause you to question what you do.
- _____ Q2. What is the primary reason you compete?
- _____ Q3. What is unique about ultra-running to you (as compared to other sports)?
- _____ Q4. As a female athlete, describe any moments that have caused you to question being athletic.
- _____ Q5. Do you feel that you have the same view of competition after reaching a high level of performance than you did when you first started racing?
- _____ Q6. How has your view of competition changed over the years?
- _____ Q7. How important are the actual body experiences in ultra running in shaping how you view competition?
- _____ Q8. Is there anything else you would like to add?

Document Protocol for Textual Analysis

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- Main Research Question
- Statement of Related Research Question
- Broad Questions
 - probes

Research Questions:

Main research question:

In what ways do body experiences influence how female athletes understand and talk about high-level performance as they construct their competitive sport “selves”?

Related Research Questions:

What are the dominant views about body experiences of high-level performance in ultra running as expressed in the media?

Broad Question One:

What are the primary topics about the body as revealed in the media?

Probes:

- _____ Q1. What are the most common topics for articles about the body?
- _____ Q2. What are the most common images related to the body?
- _____ Q3. In what ways are female bodies depicted in the images?
- _____ Q4. In what ways are female bodies talked about in the articles?

Broad Question Two:

How does the discourse about bodies become knowledge?

Probes:

- _____ Q1. Who seems to be the source of knowledge about bodies?
- _____ Q2. What seem to be the rules as to what gets said as understood through the lens of dominant discourses discussed in literature review?
- _____ Q3. What seem to be the rules about what is gets said that is not addressed in the literature review?

Broad Question Three:

How are the topics discovered in the media understood through the lens of the theoretical framework?

Probes:

- _____ Q1. What types of images seem to represent positive body experiences?
- _____ Q2. What types of images seem to represent negative body experiences?

- _____ Q3. How is the female body talked about with respect to positive body experiences?
- _____ Q4. How is the female body talked about with respect to negative body experiences?

Broad Question Four:

How does this understanding of bodies influence notions of high performance in ultra running?

Probes:

- _____ Q1. What is said about bodies in relation to high performance?
- _____ Q2. What are the themes that emerge about how to achieve high performance in relation to one's body?