Negotiation-efficacy, the belief in one’s ability to overcome barriers to participation, has been shown to both increase efforts to overcome barriers and increase commitment to an activity.

The general leisure constraint literature suggests that there are barriers to participation that originate in gender norms and relations. Similarly, there are attitudes and perceptions that may help individuals in general to negotiate through greater levels of constraint to facilitate participation, but some attitudes may be more salient for women in overcoming barriers inherent to their gender. The question remains whether these same patterns can be seen within women who have already overcome initial barriers to participation in serious leisure, and who must now negotiate for greater amounts of involvement. In this case, running full marathons requires longer and more frequent training, and it may be that at this level, time commitment constraints that affect women more in general become particularly salient. Therefore, the aim of this research is to explore quantitatively the differences in constraints and constraint negotiation for women and men at two different stages of engagement in a serious leisure activity.

As this research additionally seeks to understand differences across gender in relation to constraints, it also examines the difference between men and women in the correlates to participation in the same race, in an attempt to uncover differences in the demographic and attitudinal variables that inform participation in serious leisure for men and women. We therefore ask the following question: RQ1: What are the differences in constraint correlates and negotiation correlates between runners of different genders and different event distances? Exploring the differences in participant profiles is useful for describing potential reasons that individuals may or may not be participating at different levels of this activity, but it does not examine the ability of these reasons for actually predicting participation. While general observation has shown that gender itself is a predictor of event type, we also aim to explore the relationship between the barriers and correlates.