

# Questionnaire ERS2016

## SECTION 1 AIOs running

Please respond to the following statements by checking the box that best reflects your opinion on each of the following items.

	Strongly disagree.	Disagree.	Neutral.	Agree	Strongly agree
The possibility to run on your own is an important reason to be involved in running <sup>4</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The possibility to run at any time is an important reason to be involved in running <sup>4</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The possibility to run in your own environment is an important reason to be involved in running <sup>4</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is a social sport <sup>3</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is appealing for both men and women	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is a competitive sport <sup>6</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is appealing for both youngsters and the elderly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is an exciting sport <sup>3</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is for those who persevere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is easy to fit into daily life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is good for your condition <sup>1</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is good for your health <sup>1</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is an individual sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running gives you energy <sup>1</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is good for your mental recovery <sup>1</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am proud to be a runner <sup>3</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel connected with other runners <sup>3</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running is a performance sport <sup>6</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider myself to be a real runner <sup>3</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To which extent do you agree that the following items are a reason for you to quit running? Please respond by checking the box that best reflects your opinion.

	Strongly disagree.	Disagree.	Neutral.	Agree	Strongly agree
My running partners quit running <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My running group falls apart <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My trainer / coach is leaving <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increasing financial costs involved in running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preference for another sport <sup>5</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction of leisure time <sup>5</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tired of running <sup>5</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical constraints or injuries <sup>5</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continue to SECTION 2

## SECTION 2 technology use

Did you use a monitoring device, sports watch or smartphone application during running in the last 12 months?

☐

Yes, I used a sports watch

(go to SECTION 2 sport watch)

☐

Yes, I used a smartphone application

(go to SECTION 2 app)

☐

No, I did not use any sports watch or smartphone application

(go to SECTION 2 no use)

## SECTION 2 sports watch

You stated to use a sports watch during running in the last 12 months.

Which parameters do you monitor with your sports watch? (multiple answers possible)

- ☐ Distance
- ☐ Time
- ☐ Speed
- ☐ Heart rate
- ☐ Other, please specify

What do you do with the data collected from your watch? (multiple answers possible)

- ☐ Nothing
- ☐ I use the data to review my session after the run
- ☐ I use this data to monitor my progress overtime
- ☐ I use this data to adapt my training / running schedule

Continue to SECTION 3

## SECTION 2 app

You stated to use a smartphone application (app) during running in the last 12 months.

Which parameters do you monitor with your app? (multiple answers possible)

- ☐ Distance
- ☐ Time
- ☐ Speed
- ☐ Heart rate
- ☐ Other, please specify

What do you do with the data collected from your app? (multiple answers possible)

- ☐ Nothing
- ☐ I use the data to review my session after the run
- ☐ I use this data to monitor my progress overtime
- ☐ I use this data to adapt my training / running schedule

Continue to SECTION 3

## SECTION 2 no use

You stated not to use any sports watch or smartphone application during running. Why not? (multiple answers possible)

- ☐ Running with a smartphone/watch is ignorant
- ☐ It has no added value
- ☐ There is no need for me to use it
- ☐ It doesn't fit with my running experience

Continue to SECTION 3

### SECTION 3 Running habits and Socio-demographics

Which distance did you run during the event?

- ☐ 5km
- ☐ 10km
- ☐ Half Marathon
- ☐ Marathon

Is running your main sport?

- ☐ No
- ☐ Yes

When did you start running?

- ☐ less than 1 year ago
- ☐ 1 to 3 years ago
- ☐ 4 to 5 years ago
- ☐ More than 5 years ago

On average, how many kilometers per training session do you run?

- ☐ 0-5 km
- ☐ 6-10 km
- ☐ 11-15 km
- ☐ 16 or more km

How often do you run?

- ☐ Once a week or less
- ☐ 2 times a week
- ☐ 3 times a week or more

How often did you participate in running events in the last 12 months?

- ☐ This event was my only running event
- ☐ 2-4 times a year
- ☐ 5 or more times a year

In which setting do you normally run? (choose the best fit)

- ☐ Mainly or solely on my own
- ☐ Mainly or solely with friends, colleagues, small groups
- ☐ Mainly or solely with a running club

What is your age?

What is your gender?

- ☐ Male
- ☐ Female

What is your employment status? Are you currently?

- ☐ A student
- ☐ Full-time employed
- ☐ Part-time employed
- ☐ Not employed

What is the highest degree or level of school you have completed?

- ☐ Lower or middle education
- ☐ Higher education
- ☐ University