

2008 Evanston Running Club Member Survey

1. How often did you participate in each of these ERC running activities in 2007?

Top number is the count of respondents selecting the option. Bottom % is percent of the total respondents selecting the option.

	Often	Sometimes	Rarely	Never
Monday/Tuesday Night Runs	9 15%	12 19%	13 21%	28 45%
Saturday Morning Long Runs	9 15%	12 19%	15 24%	26 42%
Wednesday Track (Summer Intervals)	19 31%	16 26%	9 15%	17 28%
Sunday Track (Wintervals)	18 30%	7 11%	9 15%	27 44%

3. Which of the following ERC parties did you attend in 2007? (check all that apply)

Winter Party at Vijay's	18	50%
Spring Party (Post-Shamrock Shuffle) at Patty's	19	53%
Summer Party at Dave's	19	53%
Post-Marathon Dinner at Merle's	21	58%

5. Did you volunteer with the ERC at the Chicago Marathon Aid Station in 2007?

Yes	15	25%
No	46	75%
Total	61	100%

6. Do you plan to volunteer with the ERC at the Chicago Marathon Aid Station in 2008?

Yes	11	18%
No	22	36%
Maybe	28	46%
Total	61	100%

We have contacted other running clubs, talked amongst ourselves and consulted oracles (well, OK, Vinny) and come up with several ways to add, improve, and strengthen the activities sponsored by ERC. None is set in stone at this point because we need your feedback to make them as good for you and ERC as possible. For each activity, please tell us whether you think this is a good idea for the club to offer and whether you, personally, would participate.

7. Good Ideas for the Club to Offer: (check all that apply)

Women-Only Activities	16	36%
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Orientation for Beginning Runners	23	51%
Family-Oriented Activities	15	33%
Runs or activities geared toward non-competitive or "more of a tortoise than a hare" runners	16	36%
Other activities: please specify	21	47%

8. Would Participate: (check all that apply)

Women-Only Activities	11	29%
Orientation for Beginning Runners	7	18%
Family-Oriented Activities	12	32%
Runs or activities geared toward non-competitive or "more of a tortoise than a hare" runners	12	32%
Other activities: please specify	13	34%

10. We're thinking of creating more "fun run" opportunities. In which of the following activities would you participate? (check all that apply)

A monthly weekend trail run in one of the nearby forest preserves (e.g., in Skokie or Morton Grove) between May and October	45	92%
A progressive marathon, which is like a 4-weekend "mini-circuit" adding up to 26.2 miles for which prizes and awards will be given	19	39%
A "full moon" run on a weekday evening, where we start around 7:00 and end up at a casual bar or restaurant, where non-running family members are invited to join in	29	59%

12. Some clubs put on inter-club runs, joining forces for a weekend morning or weekday evening event. If we occasionally arranged this with clubs within 5-10 miles, would you participate? (check all that apply)

Yes: Weekend Mornings	32	56%
Yes: Weekday Evenings	16	28%
No	19	33%

13. Several other clubs have their own "race circuit" for those folks who can't/won't run all those CARA races. In our case, we might make up our very own "ERC Circuit" from the Rickey Byrdsong, Lincolnwood Turkey Trot, maybe NU- or Evanston-based races, and one or two local CARA races, such as the Ravenswood 5k. We would compile results, develop a point system and have our own awards night at the Winter Party. Would you participate in our own ERC circuit?

Yes	44	77%
No	13	23%
Total	57	100%

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14. How interested are you in learning more about the following running, training and fitness topics?

Top number is the count of respondents selecting the option. Bottom % is percent of the total respondents selecting the option.

	Very Interested	Somewhat Interested	Not Very Interested	Not at All Interested
Planning your year-long training	20 34%	22 37%	13 22%	4 7%
Learning more about your bio-mechanics	20 34%	23 39%	12 20%	4 7%
Cross-Training	21 37%	24 42%	10 18%	2 4%
Racing strategies	20 34%	18 31%	17 29%	3 5%
Guest speakers/"celebrity" runners sharing stories, training advice, and running tips	19 32%	24 41%	13 22%	3 5%
Nutrition	21 36%	18 31%	15 25%	5 8%
Injury prevention/recovery	24 41%	19 33%	13 22%	2 3%

16. How would you like to receive such running, training and fitness information? (check all that apply)

Articles attached to emails from Dave, Sharon, Greg or Al	42	71%
Articles printed in the mailed ERC Newsletter	34	58%
Articles included on the ERC Web Site	32	54%
Weekday evening seminars and lectures	23	39%
Weekend morning seminars and lectures	10	17%

18. Do you plan on continuing your ERC membership in 2008?

Yes	57	95%
No	1	2%
Unsure	2	3%
Total	60	100%

20. Overall, do you feel that the ERC is meeting your expectations as a running club?

Yes	57	92%
No	5	8%
Total	62	100%

We'd like to know a little about you. Please complete the following questions.

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22. Years as a member of ERC:

Less than one year	7	11%
1-2 Years	16	26%
3-4 Years	12	20%
5 Years or more	26	43%
Total	61	100%

23. Gender:

Female	24	40%
Male	36	60%
Total	60	100%

24. Age group:

Less than 18 years old	1	2%
18-24 years old	1	2%
25-34 years old	11	19%
35-44 years old	14	24%
45-54 years old	19	33%
55-64 years old	10	17%
65+ years old	2	3%
Total	58	100%

25. Membership type:

Individual	42	69%
Family	17	28%
Student	2	3%
Total	61	100%