

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	2	.1	.6	.6
	18-24 yrs	6	.4	1.7	2.3
	25-34 yrs	55	3.9	15.8	18.1
	35-44 yrs	129	9.1	37.1	55.2
	45-54 yrs	81	5.7	23.3	78.4
	55-64 yrs	52	3.7	14.9	93.4
	64+ yrs	23	1.6	6.6	100.0
	Total	348	24.5	100.0	
Missing	System	1070	75.5		
Total		1418	100.0		

Do you have children?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	241	17.0	69.9	69.9
	No	104	7.3	30.1	100.0
	Total	345	24.3	100.0	
Missing	System	1073	75.7		
Total		1418	100.0		

Is your gender identity the same as the sex you were assigned at birth?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	338	23.8	98.3	98.3
	No	6	.4	1.7	100.0
	Total	344	24.3	100.0	
Missing	System	1074	75.7		
Total		1418	100.0		

Which gender do you identify as?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	210	14.8	61.2	61.2
	Female	127	9.0	37.0	98.3
	Non-binary / third gender	6	.4	1.7	100.0
	Total	343	24.2	100.0	
Missing	System	1075	75.8		
Total		1418	100.0		

Which of the following best describes your sexual orientation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Straight/Heterosexual	316	22.3	94.0	94.0
	Gay/Lesbian	4	.3	1.2	95.2
	Bisexual	16	1.1	4.8	100.0
	Total	336	23.7	100.0	
Missing	System	1082	76.3		
Total		1418	100.0		

What is your religion (if any)? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not religious	137	9.7	41.0	41.0
	Spiritual, but not religious	72	5.1	21.6	62.6
	Christian	111	7.8	33.2	95.8
	Buddhist	4	.3	1.2	97.0
	Jewish	10	.7	3.0	100.0
	Total	334	23.6	100.0	
	Missing	System	1084	76.4	
Total		1418	100.0		

How would you best describe your ethnicity? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	White	315	22.2	91.8	91.8
	Hispanic/Latino/Spanish Origin	13	.9	3.8	95.6
	South Asian	2	.1	.6	96.2
	Chinese	2	.1	.6	96.8
	Filipino	2	.1	.6	97.4
	Mixed/Multiple Ethnic Groups	7	.5	2.0	99.4
	American Indian (Cherokee)	2	.1	.6	100.0
	Total	343	24.2	100.0	
Missing	System	1075	75.8		
Total		1418	100.0		

What is your level of education?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to High School/Secondary School (or equivalent)	52	3.7	14.9	14.9
	Undergraduate Bachelor's Degree (or equivalent)	137	9.7	39.4	54.3
	Postgraduate degree (or equivalent)	159	11.2	45.7	100.0
	Total	348	24.5	100.0	
Missing	System	1070	75.5		
Total		1418	100.0		

What is your level of household income?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than \$10,000	6	.4	1.9	1.9
	\$10,000 - \$19,999	6	.4	1.9	3.8
	\$20,000 - \$29,999	16	1.1	5.0	8.8
	\$30,000 - \$39,999	9	.6	2.8	11.7
	\$40,000 - \$49,999	10	.7	3.2	14.8
	\$50,000 - \$59,999	12	.8	3.8	18.6
	\$60,000 - \$69,999	17	1.2	5.4	24.0
	\$70,000 - \$79,999	18	1.3	5.7	29.7
	\$80,000 - \$89,999	25	1.8	7.9	37.5
	\$90,000 - \$99,999	14	1.0	4.4	42.0
	\$100,000 - \$149,999	78	5.5	24.6	66.6
	More than \$150,000	106	7.5	33.4	100.0
	Total	317	22.4	100.0	
	Missing	System	1101	77.6	
Total		1418	100.0		

Overall how would you rate your mental health?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	137	9.7	40.3	40.3
	Somewhat good	121	8.5	35.6	75.9
	Average	61	4.3	17.9	93.8
	Somewhat poor	17	1.2	5.0	98.8
	Poor	4	.3	1.2	100.0
	Total	340	24.0	100.0	
Missing	System	1078	76.0		
Total		1418	100.0		

Do you follow any of these diets (select one)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Vegetarian	36	2.5	9.5	9.5
	Vegan	24	1.7	6.3	15.8
	Paleo	12	.8	3.2	19.0
	Mainly plant based	53	3.7	14.0	33.0
	None of these	254	17.9	67.0	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Are you a member of a running club?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	148	10.4	42.0	42.0
	No	204	14.4	58.0	100.0
	Total	352	24.8	100.0	
Missing	System	1066	75.2		
Total		1418	100.0		

What do you think about cash prizes for race winners. Select one statement.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I think a large cash prize is a good thing. It can make races more competitive and push standards overall.	95	6.7	25.1	25.1
	I think a small or modest cash prize can be a good incentive to boost competition.	132	9.3	34.8	59.9
	Races should not have a cash prize.	29	2.0	7.7	67.5
	None of the above.	123	8.7	32.5	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

What do you think about elite runners receiving sponsorship and/or a salary from commercial companies? Select one statement.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	It is good that some elite runners receive a salary. It allows them to develop the sport and push the competitive boundaries of running.	271	19.1	71.5	71.5
	Sponsorship is positive in moderation (e.g., free gear, travel expenses, a small stipend).	43	3.0	11.3	82.8
	Running should be an amateur sport. I am opposed to salaries and sponsorship for elite runners.	8	.6	2.1	85.0
	Not sure or none of the above.	57	4.0	15.0	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Free videos and films (e.g., YouTube).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	78	5.5	20.6	20.6
	2	20	1.4	5.3	25.9
	3	61	4.3	16.1	42.0
	4	94	6.6	24.8	66.8
	5	126	8.9	33.2	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Paid-for videos and films.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	202	14.2	53.3	53.3
	2	70	4.9	18.5	71.8
	3	64	4.5	16.9	88.7
	4	27	1.9	7.1	95.8
	5	16	1.1	4.2	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Paid magazine subscriptions.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	185	13.0	48.8	48.8
	2	72	5.1	19.0	67.8
	3	61	4.3	16.1	83.9
	4	43	3.0	11.3	95.3
	5	18	1.3	4.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Websites about running (including free magazine content)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	49	3.5	12.9	12.9
	2	30	2.1	7.9	20.8
	3	97	6.8	25.6	46.4
	4	106	7.5	28.0	74.4
	5	97	6.8	25.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Books about running

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	84	5.9	22.2	22.2
	2	37	2.6	9.8	31.9
	3	80	5.6	21.1	53.0
	4	87	6.1	23.0	76.0
	5	91	6.4	24.0	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Podcasts

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	94	6.6	24.8	24.8
	2	47	3.3	12.4	37.2
	3	66	4.7	17.4	54.6
	4	74	5.2	19.5	74.1
	5	98	6.9	25.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10 Junk Miles Podcast	11	.8	1.5	1.5
	Active.com (Website)	2	.1	.3	1.8
	Adventure Jogger (Podcast/Website)	12	.8	1.7	3.4
	Ali on the Run (Podcast/Website)	2	.1	.3	3.7
	Another Mother Runner (Podcast)	2	.1	.3	4.0
	Aravaipa Running (Media Company)	6	.4	.8	4.8
	Athletics Weekly (Magazine)	2	.1	.3	5.1
	Bad Boy Running (Podcast/Website)	2	.1	.3	5.4
	Becoming Ultra (Podcast/Website)	4	.3	.6	5.9
	Believe in the Run (Website/YouTube)	4	.3	.6	6.5
	Billy Yang (Media Personality/Podcast/YouTube)	18	1.3	2.5	8.9
	British Ultra Running Podcast	2	.1	.3	9.2
	Choose Strong (Podcast)	4	.3	.6	9.8
	Chris Mocko (Media Personality/Podcast)	2	.1	.3	10.0
	David Goggins (Media Personality)	2	.1	.3	10.3
	DNF Podcast	2	.1	.3	10.6
	Eat Clean, Run Dirty (Magazine)	4	.3	.6	11.1
	Emma Abrahamson (Media Personality/YouTube)	2	.1	.3	11.4
	Fast Women (Website)	6	.4	.8	12.2
	Fastest Known Time (Podcast/Website)	7	.5	1.0	13.2
	Film My Run (YouTube)	2	.1	.3	13.5
	Freerail (Website/Podcast/YouTube)	38	2.7	5.2	18.7
	Ginger Runner (Podcast/YouTube)	16	1.1	2.2	20.9
	Girls Gone Gravel (Podcast/Website)	2	.1	.3	21.2
	Global Running (Website)	2	.1	.3	21.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Global Triathlon Network (Website/YouTube)	2	.1	.3	21.7
Go One More (YouTube)	2	.1	.3	22.0
Golden Trail Series (YouTube)	6	.4	.8	22.8
How to Run Your First Ultramarathon (Book)	2	.1	.3	23.1
Huberman Lab (Podcast/Website)	2	.1	.3	23.4
iRunFar (Website)	128	9.0	17.6	41.0
Jeff Pelletier (YouTube/Website)	2	.1	.3	41.3
Joe Rogan (Media Personality/Podcast/YouTube)	2	.1	.3	41.5
Koopcast (Podcast/Website)	18	1.3	2.5	44.0
Lets Run (Website/Podcast)	22	1.6	3.0	47.0
Marathon Investigations (Website)	2	.1	.3	47.3
Marathon Training Academy (Podcast/Website)	2	.1	.3	47.6
Mountain Outpost (Podcast)	2	.1	.3	47.9
MR RunningPains Podcast	2	.1	.3	48.1
Nike Run Club App (Social Media)	2	.1	.3	48.4
Off the Couch (Podcast)	6	.4	.8	49.2
Outside+ (Website/Multimedia)	19	1.3	2.6	51.9
Patagonia (YouTube)	4	.3	.6	52.4
RandomForestRunner (Website)	3	.2	.4	52.8
Real Science of Sport (Podcast)	2	.1	.3	53.1
Rich Roll (Media Personality/Podcast)	10	.7	1.4	54.5
Road Dog Podcast	2	.1	.3	54.7
Run Steep Get High (YouTube)	6	.4	.8	55.6
Run to the Hills (Podcast)	2	.1	.3	55.8
Run Wild (Podcast)	2	.1	.3	56.1
Run4Adventure (YouTube)	2	.1	.3	56.4

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Runners of the Bay (Podcast/Website)	2	.1	.3	56.7
Runners World (Magazine/Podcast)	27	1.9	3.7	60.4
Running Times with Gagz (Podcast)	2	.1	.3	60.7
Runningintheusa.com (Website)	2	.1	.3	60.9
RunRX (Website/YouTube)	2	.1	.3	61.2
Runscripted (Podcast)	2	.1	.3	61.5
Sage Canaday (Media Personality/YouTube)	2	.1	.3	61.8
Salomon TV (YouTube)	12	.8	1.7	63.4
Science of Sport Podcast	2	.1	.3	63.7
Science of Ultra (Podcast/Website)	2	.1	.3	64.0
Seconds Flat (Podcast)	2	.1	.3	64.2
Seth James DeMoor (Media Personality/YouTube)	6	.4	.8	65.1
Singletrack Podcast	13	.9	1.8	66.9
Some Work, All Play (Podcast/Website)	19	1.3	2.6	69.5
Strength Running (Podcast/Website)	8	.6	1.1	70.6
TalkUltra (Podcast)	4	.3	.6	71.1
The Morning Shakeout (Podcast/Website)	4	.3	.6	71.7
Three of Seven Podcast	2	.1	.3	71.9
Trail & Ultra (Website)	2	.1	.3	72.2
Trail Runner (Magazine)	52	3.7	7.2	79.4
Trail Runner Nation (Podcast/Website)	33	2.3	4.5	83.9
Trail Running (Magazine)	10	.7	1.4	85.3
Trail Running Women (Podcast)	4	.3	.6	85.8
Trail Sisters (Website)	4	.3	.6	86.4
Trail Society (Podcast)	8	.6	1.1	87.5
Trails Collective (YouTube)	2	.1	.3	87.8
Ultra Magazine	2	.1	.3	88.0
Ultra Runner Podcast	13	.9	1.8	89.8
Ultra Running History (Podcast)	5	.4	.7	90.5
Ultra Runner Magazine	7	.5	1.0	91.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ultrarunningcommunity.com (Website)	2	.1	.3	91.7
UltraSignup (Website)	4	.3	.6	92.3
Ultratrailsteven (YouTube)	3	.2	.4	92.7
USA Triathlon (Website)	2	.1	.3	93.0
Vert.run (Website)	2	.1	.3	93.3
VO2 Max Productions (YouTube)	6	.4	.8	94.1
Way of the Runner (Podcast/Website)	2	.1	.3	94.4
Will Frantz (Website)	2	.1	.3	94.6
Women of Distance (Podcast)	6	.4	.8	95.5
Women's Running (Magazine)	2	.1	.3	95.7
Ultra Running Magazine	31	2.2	4.3	100.0
Total	727	51.3	100.0	
Missing System	691	48.7		
Total	1418	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 10 Junk Miles Podcast	7	.5	3.5	3.5
Adventure Jogger (Podcast/Website)	4	.3	2.0	5.5
Ali on the Run (Podcast/Website)	2	.1	1.0	6.5
Another Mother Runner (Podcast)	2	.1	1.0	7.5
Bad Boy Running (Podcast/Website)	2	.1	1.0	8.5
Billy Yang (Media Personality/Podcast/YouTube)	10	.7	5.0	13.5
Eat Clean, Run Dirty (Magazine)	2	.1	1.0	14.5
Freetrail (Website/Podcast/YouTube)	6	.4	3.0	17.5
Global Running (Website)	2	.1	1.0	18.5
Go One More (YouTube)	2	.1	1.0	19.5
How to Run Your First Ultramarathon (Book)	2	.1	1.0	20.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
iRunFar (Website)	22	1.6	11.0	31.5
Joe Rogan (Media Personality/Podcast/YouTube)	2	.1	1.0	32.5
Koopcast (Podcast/Website)	4	.3	2.0	34.5
Lets Run (Website/Podcast)	8	.6	4.0	38.5
Marathon Training Academy (Podcast/Website)	2	.1	1.0	39.5
Nike Run Club App (Social Media)	2	.1	1.0	40.5
Outside+ (Website/Multimedia)	4	.3	2.0	42.5
Patagonia (YouTube)	2	.1	1.0	43.5
Real Science of Sport (Podcast)	2	.1	1.0	44.5
Rich Roll (Media Personality/Podcast)	2	.1	1.0	45.5
Run Steep Get High (YouTube)	6	.4	3.0	48.5
Run to the Hills (Podcast)	2	.1	1.0	49.5
Runners World (Magazine/Podcast)	11	.8	5.5	55.0
Singletrack Podcast	4	.3	2.0	57.0
Some Work, All Play (Podcast/Website)	11	.8	5.5	62.5
Strength Running (Podcast/Website)	2	.1	1.0	63.5
TalkUltra (Podcast)	2	.1	1.0	64.5
The Ultra Running Guys (Podcast/Website)	2	.1	1.0	65.5
Trail Runner (Magazine)	10	.7	5.0	70.5
Trail Runner Nation (Podcast/Website)	10	.7	5.0	75.5
Trail Running (Magazine)	2	.1	1.0	76.5
Trail Running Women (Podcast)	2	.1	1.0	77.5
Trail Sisters (Website)	4	.3	2.0	79.5
Trail Society (Podcast)	4	.3	2.0	81.5
Ultra Runner Podcast	7	.5	3.5	85.0
Ultra Runner Magazine	7	.5	3.5	88.5
UltraSignup (Website)	2	.1	1.0	89.5
USA Triathlon (Website)	2	.1	1.0	90.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ultra Running Magazine	19	1.3	9.5	100.0
Total	200	14.1	100.0	
Missing System	1218	85.9		
Total	1418	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Adventure Jogger (Podcast/Website)	4	.3	2.7	2.7
Aravaipa Running (Media Company)	2	.1	1.4	4.1
Athletics Weekly (Magazine)	2	.1	1.4	5.4
Becoming Ultra (Podcast/Website)	2	.1	1.4	6.8
Believe in the Run (Website/YouTube)	4	.3	2.7	9.5
Billy Yang (Media Personality/Podcast/YouTube)	4	.3	2.7	12.2
Canadian Running Magazine	2	.1	1.4	13.6
Emma Abrahamson (Media Personality/YouTube)	2	.1	1.4	15.0
Fast Women (Website)	2	.1	1.4	16.3
Freerail (Website/Podcast/YouTube)	14	1.0	9.5	25.9
Golden Trail Series (YouTube)	4	.3	2.7	28.6
iRunFar (Website)	8	.6	5.4	34.0
Jeff Pelletier (YouTube/Website)	4	.3	2.7	36.7
Koopcast (Podcast/Website)	5	.4	3.4	40.1
Lets Run (Website/Podcast)	6	.4	4.1	44.2
Miles with Marty (Podcast)	2	.1	1.4	45.6
Mountain Outpost (Podcast)	2	.1	1.4	46.9
Off the Couch (Podcast)	2	.1	1.4	48.3
Outside+ (Website/Multimedia)	5	.4	3.4	51.7

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
RandomForestRunner (Website)	3	.2	2.0	53.7
Rich Roll (Media Personality/Podcast)	4	.3	2.7	56.5
Run4Adventure (YouTube)	2	.1	1.4	57.8
Runners World (Magazine/Podcast)	4	.3	2.7	60.5
Runningintheusa.com (Website)	2	.1	1.4	61.9
Salomon TV (YouTube)	5	.4	3.4	65.3
Singletrack Podcast	5	.4	3.4	68.7
Some Work, All Play (Podcast/Website)	6	.4	4.1	72.8
Strength Running (Podcast/Website)	2	.1	1.4	74.1
TalkUltra (Podcast)	2	.1	1.4	75.5
The Morning Shakeout (Podcast/Website)	2	.1	1.4	76.9
Trail & Ultra (Website)	2	.1	1.4	78.2
Trail Runner (Magazine)	12	.8	8.2	86.4
Trail Runner Nation (Podcast/Website)	6	.4	4.1	90.5
Trail Society (Podcast)	2	.1	1.4	91.8
Trails Collective (YouTube)	2	.1	1.4	93.2
Ultra Runner Podcast	2	.1	1.4	94.6
Ultra Running History (Podcast)	2	.1	1.4	95.9
UltraSignup (Website)	2	.1	1.4	97.3
Women of Distance (Podcast)	2	.1	1.4	98.6
Ultra Running Magazine	2	.1	1.4	100.0
Total	147	10.4	100.0	
Missing System	1271	89.6		
Total	1418	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10 Junk Miles Podcast	2	.1	2.0	2.0
	Active.com (Website)	2	.1	2.0	4.0
	Aravaipa Running (Media Company)	2	.1	2.0	5.9
	Becoming Ultra (Podcast/Website)	2	.1	2.0	7.9
	Eat Clean, Run Dirty (Magazine)	2	.1	2.0	9.9
	Fast Women (Website)	2	.1	2.0	11.9
	Freetrail (Website/Podcast/YouTube)	11	.8	10.9	22.8
	Ginger Runner (Podcast/YouTube)	2	.1	2.0	24.8
	Global Triathlon Network (Website/YouTube)	2	.1	2.0	26.7
	Golden Trail Series (YouTube)	2	.1	2.0	28.7
	Huberman Lab (Podcast/Website)	2	.1	2.0	30.7
	iRunFar (Website)	10	.7	9.9	40.6
	Marathon Investigations (Website)	2	.1	2.0	42.6
	Off the Couch (Podcast)	2	.1	2.0	44.6
	Patagonia (YouTube)	2	.1	2.0	46.5
	Run the Riot (Website)	2	.1	2.0	48.5
	Run Wild (Podcast)	2	.1	2.0	50.5
	Runners of the Bay (Podcast/Website)	2	.1	2.0	52.5
	Science of Sport Podcast	2	.1	2.0	54.5
	Science of Ultra (Podcast/Website)	2	.1	2.0	56.4
	Seth James DeMoor (Media Personality/YouTube)	4	.3	4.0	60.4
	Some Work, All Play (Podcast/Website)	2	.1	2.0	62.4
	Strength Running (Podcast/Website)	2	.1	2.0	64.4
	Trail Runner (Magazine)	10	.7	9.9	74.3
	Trail Runner Nation (Podcast/Website)	4	.3	4.0	78.2
	Trail Running (Magazine)	4	.3	4.0	82.2
	Trail Running Women (Podcast)	2	.1	2.0	84.2
	Trail Society (Podcast)	2	.1	2.0	86.1

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ultra Runner Podcast	2	.1	2.0	88.1
Ultra Running History (Podcast)	2	.1	2.0	90.1
USA Triathlon (Website)	2	.1	2.0	92.1
Vert.run (Website)	2	.1	2.0	94.1
VO2 Max Productions (YouTube)	4	.3	4.0	98.0
Ultra Running Magazine	2	.1	2.0	100.0
Total	101	7.1	100.0	
Missing System	1317	92.9		
Total	1418	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Billy Yang (Media Personality/Podcast/YouTube)	2	.1	3.8	3.8
Chris Mocko (Media Personality/Podcast)	2	.1	3.8	7.7
Fast Women (Website)	2	.1	3.8	11.5
Ginger Runner (Podcast/YouTube)	6	.4	11.5	23.1
Girls Gone Gravel (Podcast/Website)	2	.1	3.8	26.9
iRunFar (Website)	2	.1	3.8	30.8
Koopcast (Podcast/Website)	5	.4	9.6	40.4
Lets Run (Website/Podcast)	2	.1	3.8	44.2
Off the Couch (Podcast)	2	.1	3.8	48.1
Outside+ (Website/Multimedia)	2	.1	3.8	51.9
Runners World (Magazine/Podcast)	2	.1	3.8	55.8
Sage Canaday (Media Personality/YouTube)	2	.1	3.8	59.6
Salomon TV (YouTube)	5	.4	9.6	69.2
Seconds Flat (Podcast)	2	.1	3.8	73.1
Singletrack Podcast	2	.1	3.8	76.9
Trail Runner Nation (Podcast/Website)	2	.1	3.8	80.8
Trail Running (Magazine)	2	.1	3.8	84.6

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ultrarunningcommunity.com (Website)	2	.1	3.8	88.5
Way of the Runner (Podcast/Website)	2	.1	3.8	92.3
Women of Distance (Podcast)	2	.1	3.8	96.2
Ultra Running Magazine	2	.1	3.8	100.0
Total	52	3.7	100.0	
Missing System	1366	96.3		
Total	1418	100.0		

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Abby Hall	2	.1	.2	.2
Abdi Abdirahman	2	.1	.2	.4
Adam Peterman	2	.1	.2	.7
Alex Nicols	4	.3	.4	1.1
Alexander Sorokin	2	.1	.2	1.3
Aliphine Tuliamuk	2	.1	.2	1.6
Allyson Felix	2	.1	.2	1.8
Amanda Basham	2	.1	.2	2.0
Ameila Boone	2	.1	.2	2.2
Andrew Miller	3	.2	.3	2.6
Andy Jones-Wilkins	2	.1	.2	2.8
Anna Frost	4	.3	.4	3.3
Ann Trason	6	.4	.7	3.9
Anton Krupicka	19	1.3	2.1	6.1
Beth Pascall	2	.1	.2	6.3
Bolota Asmerom	2	.1	.2	6.5
Bongmusa Mthembu	2	.1	.2	6.7
Camille Herron	20	1.4	2.2	9.0
Candice Burt	2	.1	.2	9.2
Catra Corbett	6	.4	.7	9.9
Chris Mocko	2	.1	.2	10.1
Christopher McDougall	1	.1	.1	10.2
Clare Gallagher	12	.8	1.3	11.6
Coree Woltering	6	.4	.7	12.3
Cory Reese	2	.1	.2	12.5
Courtney Dauwalter	131	9.2	14.7	27.2
Craig Virgin	2	.1	.2	27.4
Dakota Jones	2	.1	.2	27.7

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Damian Hall	6	.4	.7	28.3
Dan Williams	2	.1	.2	28.6
Darren Thomas	2	.1	.2	28.8
Dave Mackey	4	.3	.4	29.2
David Goggins	7	.5	.8	30.0
David Laney	2	.1	.2	30.3
David Roche	4	.3	.4	30.7
Dean Karnazes	9	.6	1.0	31.7
Deborah Livingston	2	.1	.2	31.9
Deena Kastor	4	.3	.4	32.4
Des Linden	4	.3	.4	32.8
Devon Yanko	4	.3	.4	33.3
Dylan Bowman	21	1.5	2.4	35.7
Elinor Purrier St. Pierre	2	.1	.2	35.9
Ellie Greenwood	2	.1	.2	36.1
Ellie Pell	4	.3	.4	36.6
Emelie Forsberg	6	.4	.7	37.2
Eric Senseman	4	.3	.4	37.7
Erik Sowinski	2	.1	.2	37.9
Ethan Newberry	2	.1	.2	38.1
Finlay Wild	2	.1	.2	38.4
François D'Haene	14	1.0	1.6	39.9
Frank Shorter	3	.2	.3	40.3
Gary Dudney	2	.1	.2	40.5
Gary Robbins	5	.4	.6	41.1
Gerda Steyn	2	.1	.2	41.3
Gina Lucrezi	2	.1	.2	41.5
Grant Fisher	2	.1	.2	41.7
Grayson Murphy	4	.3	.4	42.2
Hal Koerner	4	.3	.4	42.6
Harvey Lewis	15	1.1	1.7	44.3
Hayden Hawks	2	.1	.2	44.5
Heather Hart	2	.1	.2	44.8
Hillary Allen	8	.6	.9	45.7
Holly Wick	2	.1	.2	45.9
Jack Fultz	2	.1	.2	46.1
Jacky Hunt-Broersma	5	.4	.6	46.7
Jim Walmsley	67	4.7	7.5	54.2
Jamil Coury	2	.1	.2	54.4
Jared Campbell	2	.1	.2	54.7
Jared Hazen	2	.1	.2	54.9
Jasmin Paris	2	.1	.2	55.1

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Jeff Browning	6	.4	.7	55.8
Jenn Shelton	2	.1	.2	56.0
Jennifer Zielinski	2	.1	.2	56.2
Jenny Simpson	3	.2	.3	56.6
Jim Mann	2	.1	.2	56.8
Joan Benoit Samuelson	7	.5	.8	57.6
Joe McConaughy	3	.2	.3	57.9
John Fegyveresi	3	.2	.3	58.3
John Kelly	11	.8	1.2	59.5
Jorge Pacheco	2	.1	.2	59.7
Kaci Lickteig	2	.1	.2	60.0
Karl Meltzer	4	.3	.4	60.4
Katie Asmuth	2	.1	.2	60.6
Katie Grossman	3	.2	.3	61.0
Katie Schide	2	.1	.2	61.2
Keely Henninger	2	.1	.2	61.4
Keira D'Amato	2	.1	.2	61.6
Kerry Ward	4	.3	.4	62.1
Kevin Cassidy	2	.1	.2	62.3
Kilian Jornet	87	6.1	9.8	72.1
Kim Collison	2	.1	.2	72.3
Eliud Kipchoge	17	1.2	1.9	74.2
Kriste Peoples	2	.1	.2	74.5
Kyle Pietari	2	.1	.2	74.7
Kyle Skaggs	3	.2	.3	75.0
Ladia Albertson-Junkans	2	.1	.2	75.3
Laura DeWald	2	.1	.2	75.5
Laura Muir	2	.1	.2	75.7
Lauren Fleshman	2	.1	.2	75.9
Leah Yingling	2	.1	.2	76.2
Leor Pantilat	2	.1	.2	76.4
Letesenbet Gidey	2	.1	.2	76.6
Liz Canty	2	.1	.2	76.8
Lorraine Moller	2	.1	.2	77.1
Lowri Morgan	2	.1	.2	77.3
Magda Boulet	6	.4	.7	78.0
Maggie Guterl	12	.8	1.3	79.3
Matt Frazer	2	.1	.2	79.5
Max King	4	.3	.4	80.0
Megan Roche	6	.4	.7	80.7
Michael Versteeg	2	.1	.2	80.9
Mike Foote	4	.3	.4	81.3

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Mike Wardian	13	.9	1.5	82.8
Mirna Valerio	4	.3	.4	83.2
Mo Farah	2	.1	.2	83.5
Mo Katir	2	.1	.2	83.7
Molly Seidel	10	.7	1.1	84.8
Nickademus de la Rosa	2	.1	.2	85.0
Nicky Spinks	2	.1	.2	85.3
Nikki Kimball	2	.1	.2	85.5
Paddy O'Leary	4	.3	.4	85.9
Patrick Reagan	2	.1	.2	86.2
Rickey Gates	4	.3	.4	86.6
Robbie Balenger	2	.1	.2	86.8
Ruperto Romero	2	.1	.2	87.1
Sabrina Stanley	5	.4	.6	87.6
Sage Canaday	2	.1	.2	87.9
Sally McRae	17	1.2	1.9	89.8
Sarah Hall	2	.1	.2	90.0
Sarah Keyes	2	.1	.2	90.2
Scott Jurek	14	1.0	1.6	91.8
Seth Demoor	2	.1	.2	92.0
Shalane Flanagan	4	.3	.4	92.5
Sophie Carpenter Speidel	2	.1	.2	92.7
Stephanie Case	3	.2	.3	93.0
Steve Prefontaine	3	.2	.3	93.4
Steve Scott	2	.1	.2	93.6
Stian Angermund	2	.1	.2	93.8
Sydney McLaughlin-Levrone	2	.1	.2	94.0
Tatyana McFadden	2	.1	.2	94.3
Taylor Nowlin	2	.1	.2	94.5
Tim Nelson	2	.1	.2	94.7
Tim Olson	2	.1	.2	94.9
Tim Tollefson	6	.4	.7	95.6
Tim Twietmeyer	2	.1	.2	95.8
Tommy Rivs	17	1.2	1.9	97.8
Tyler Green	2	.1	.2	98.0
Usain Bolt	2	.1	.2	98.2
Yiou Wang	2	.1	.2	98.4
Zach Bitter	4	.3	.4	98.9
Zach Miller	8	.6	.9	99.8
Tom Evans	2	.1	.2	100.0
Total	889	62.7	100.0	

Athlete_1

		Frequency	Percent	Valid Percent	Cumulative Percent
Missing	System	529	37.3		
Total		1418	100.0		

Athlete_2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abby Hall	2	.1	.9	.9
	Ameila Boone	2	.1	.9	1.9
	Anton Krupicka	2	.1	.9	2.8
	Beth Pascall	2	.1	.9	3.7
	Bolota Asmerom	2	.1	.9	4.7
	Camille Herron	6	.4	2.8	7.4
	Catra Corbett	2	.1	.9	8.4
	Clare Gallagher	2	.1	.9	9.3
	Courtney Dauwalter	34	2.4	15.8	25.1
	Damian Hall	2	.1	.9	26.0
	Dave Mackey	2	.1	.9	27.0
	Dean Karnazes	4	.3	1.9	28.8
	Deborah Livingston	2	.1	.9	29.8
	Des Linden	2	.1	.9	30.7
	Devon Yanko	2	.1	.9	31.6
	Dylan Bowman	4	.3	1.9	33.5
	Elinor Purrier St. Pierre	2	.1	.9	34.4
	Emelie Forsberg	2	.1	.9	35.3
	Eric Senseman	2	.1	.9	36.3
	Erik Sowinski	2	.1	.9	37.2
	François D'Haene	4	.3	1.9	39.1
	Gary Dudney	2	.1	.9	40.0
	Gerda Steyn	2	.1	.9	40.9
	Harvey Lewis	3	.2	1.4	42.3
	Jack Fultz	2	.1	.9	43.3
	Jacky Hunt-Broersma	2	.1	.9	44.2
	Jim Walmsley	24	1.7	11.2	55.3
	Jared Hazen	2	.1	.9	56.3
	Jeff Browning	2	.1	.9	57.2
	Kaci Lickteig	2	.1	.9	58.1
Karl Meltzer	4	.3	1.9	60.0	
Kilian Jornet	23	1.6	10.7	70.7	
Kim Collison	2	.1	.9	71.6	
Eliud Kipchoge	6	.4	2.8	74.4	
Kriste Peoples	2	.1	.9	75.3	
Leah Yingling	2	.1	.9	76.3	

Athlete_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Maggie Guterl	3	.2	1.4	77.7
Max King	2	.1	.9	78.6
Megan Roche	4	.3	1.9	80.5
Mike Foote	2	.1	.9	81.4
Mike Wardian	3	.2	1.4	82.8
Molly Seidel	4	.3	1.9	84.7
Nickademus de la Rosa	2	.1	.9	85.6
Robbie Balenger	2	.1	.9	86.5
Sabrina Stanley	3	.2	1.4	87.9
Sally McRae	4	.3	1.9	89.8
Scott Jurek	5	.4	2.3	92.1
Shalane Flanagan	2	.1	.9	93.0
Steve Prefontaine	3	.2	1.4	94.4
Stian Angermund	2	.1	.9	95.3
Tatyana McFadden	2	.1	.9	96.3
Tim Nelson	2	.1	.9	97.2
Tim Twietmeyer	2	.1	.9	98.1
Tommy Rivs	4	.3	1.9	100.0
Total	215	15.2	100.0	
Missing System	1203	84.8		
Total	1418	100.0		

Athlete_3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Adam Peterman	2	.1	1.1	1.1
	Alex Nicols	2	.1	1.1	2.3
	Alexander Sorokin	2	.1	1.1	3.4
	Allyson Felix	2	.1	1.1	4.5
	Anna Frost	2	.1	1.1	5.6
	Ann Trason	2	.1	1.1	6.8
	Anton Krupicka	2	.1	1.1	7.9
	Camille Herron	4	.3	2.3	10.2
	Clare Gallagher	2	.1	1.1	11.3
	Cory Reese	2	.1	1.1	12.4
	Courtney Dauwalter	25	1.8	14.1	26.6
	Darren Thomas	2	.1	1.1	27.7
	David Goggins	4	.3	2.3	29.9
	David Roche	2	.1	1.1	31.1
	Dylan Bowman	5	.4	2.8	33.9
	François D'Haene	4	.3	2.3	36.2
	Frank Shorter	3	.2	1.7	37.9
	Gary Robbins	2	.1	1.1	39.0
	Grayson Murphy	2	.1	1.1	40.1
	Hal Koerner	2	.1	1.1	41.2
	Harvey Lewis	6	.4	3.4	44.6
	Hillary Allen	2	.1	1.1	45.8
	Jacky Hunt-Broersma	3	.2	1.7	47.5
	Jim Walmsley	10	.7	5.6	53.1
	Jeff Browning	2	.1	1.1	54.2
	Jenn Shelton	2	.1	1.1	55.4
	Jennifer Zielinski	2	.1	1.1	56.5
	Joan Benoit Samuelson	2	.1	1.1	57.6
	John Fegyveresi	3	.2	1.7	59.3
	John Kelly	2	.1	1.1	60.5
	Katie Grossman	3	.2	1.7	62.1
	Keely Henninger	2	.1	1.1	63.3
	Kilian Jornet	19	1.3	10.7	74.0
	Kyle Pietari	2	.1	1.1	75.1
	Ladia Albertson-Junkans	2	.1	1.1	76.3
	Laura DeWald	2	.1	1.1	77.4
Lauren Fleshman	2	.1	1.1	78.5	
Maggie Guterl	2	.1	1.1	79.7	
Megan Roche	2	.1	1.1	80.8	
Mirna Valerio	2	.1	1.1	81.9	
Mo Katir	2	.1	1.1	83.1	
Nicky Spinks	2	.1	1.1	84.2	

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Paddy O'Leary	4	.3	2.3	86.4
Ruperto Romero	2	.1	1.1	87.6
Sally McRae	2	.1	1.1	88.7
Sarah Hall	2	.1	1.1	89.8
Scott Jurek	2	.1	1.1	91.0
Shalane Flanagan	2	.1	1.1	92.1
Tim Olson	2	.1	1.1	93.2
Tim Tollefson	2	.1	1.1	94.4
Tommy Rivs	4	.3	2.3	96.6
Zach Bitter	4	.3	2.3	98.9
Zach Miller	2	.1	1.1	100.0
Total	177	12.5	100.0	
Missing System	1241	87.5		
Total	1418	100.0		

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Abdi Abdirahman	2	.1	1.4	1.4
Amanda Basham	2	.1	1.4	2.7
Ann Trason	2	.1	1.4	4.1
Anton Krupicka	2	.1	1.4	5.4
Bongmusa Mthembu	2	.1	1.4	6.8
Camille Herron	2	.1	1.4	8.1
Catra Corbett	2	.1	1.4	9.5
Clare Gallagher	2	.1	1.4	10.8
Coree Woltering	2	.1	1.4	12.2
Courtney Dauwalter	6	.4	4.1	16.2
David Laney	2	.1	1.4	17.6
Dean Karnazes	2	.1	1.4	18.9
Des Linden	2	.1	1.4	20.3
Dylan Bowman	8	.6	5.4	25.7
Ellie Greenwood	2	.1	1.4	27.0
Ellie Pell	2	.1	1.4	28.4
Emelie Forsberg	2	.1	1.4	29.7
François D'Haene	4	.3	2.7	32.4
Gary Robbins	3	.2	2.0	34.5
Gina Lucrezi	2	.1	1.4	35.8
Hal Koerner	2	.1	1.4	37.2
Hillary Allen	2	.1	1.4	38.5
Jim Walmsley	6	.4	4.1	42.6
Jasmin Paris	2	.1	1.4	43.9

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Jeff Browning	2	.1	1.4	45.3
Jim Mann	2	.1	1.4	46.6
Joan Benoit Samuelson	3	.2	2.0	48.6
Joe McConaughy	3	.2	2.0	50.7
John Kelly	2	.1	1.4	52.0
Jorge Pacheco	2	.1	1.4	53.4
Katie Asmuth	2	.1	1.4	54.7
Katie Schide	2	.1	1.4	56.1
Kerry Ward	2	.1	1.4	57.4
Kevin Cassidy	2	.1	1.4	58.8
Kilian Jornet	10	.7	6.8	65.5
Eliud Kipchoge	2	.1	1.4	66.9
Letesenbet Gidey	2	.1	1.4	68.2
Magda Boulet	2	.1	1.4	69.6
Maggie Guterl	3	.2	2.0	71.6
Mike Wardian	2	.1	1.4	73.0
Mirna Valerio	2	.1	1.4	74.3
Mo Farah	2	.1	1.4	75.7
Sabrina Stanley	2	.1	1.4	77.0
Sage Canaday	2	.1	1.4	78.4
Sally McRae	4	.3	2.7	81.1
Sarah Keyes	2	.1	1.4	82.4
Stephanie Case	3	.2	2.0	84.5
Steve Scott	2	.1	1.4	85.8
Sydney McLaughlin-Levrone	2	.1	1.4	87.2
Tim Tollefson	4	.3	2.7	89.9
Tommy Rivs	7	.5	4.7	94.6
Yiou Wang	2	.1	1.4	95.9
Zach Miller	6	.4	4.1	100.0
Total	148	10.4	100.0	
Missing System	1270	89.6		
Total	1418	100.0		

Athlete_5

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Aliphine Tuliamuk	2	.1	1.9	1.9
	Andy Jones-Wilkins	2	.1	1.9	3.8
	Anna Frost	2	.1	1.9	5.7
	Anton Krupicka	5	.4	4.7	10.4
	Camille Herron	2	.1	1.9	12.3
	Chris Mocko	2	.1	1.9	14.2
	Clare Gallagher	2	.1	1.9	16.0
	Coree Woltering	2	.1	1.9	17.9
	Courtney Dauwalter	4	.3	3.8	21.7
	Craig Virgin	2	.1	1.9	23.6
	Dakota Jones	2	.1	1.9	25.5
	Damian Hall	2	.1	1.9	27.4
	David Roche	2	.1	1.9	29.2
	Dean Karnazes	3	.2	2.8	32.1
	Ellie Pell	2	.1	1.9	34.0
	Eric Senseman	2	.1	1.9	35.8
	Ethan Newberry	2	.1	1.9	37.7
	François D'Haene	2	.1	1.9	39.6
	Grant Fisher	2	.1	1.9	41.5
	Grayson Murphy	2	.1	1.9	43.4
	Harvey Lewis	4	.3	3.8	47.2
	Hayden Hawks	2	.1	1.9	49.1
	Heather Hart	2	.1	1.9	50.9
	Hillary Allen	2	.1	1.9	52.8
	Jim Walmsley	8	.6	7.5	60.4
	Jamil Coury	2	.1	1.9	62.3
	Jenny Simpson	3	.2	2.8	65.1
	John Kelly	2	.1	1.9	67.0
	Keira D'Amato	2	.1	1.9	68.9
	Kilian Jornet	7	.5	6.6	75.5
	Eliud Kipchoge	2	.1	1.9	77.4
	Liz Canty	2	.1	1.9	79.2
Lorraine Moller	2	.1	1.9	81.1	
Lowri Morgan	2	.1	1.9	83.0	
Magda Boulet	2	.1	1.9	84.9	
Maggie Guterl	4	.3	3.8	88.7	
Mike Foote	2	.1	1.9	90.6	
Molly Seidel	6	.4	5.7	96.2	
Rickey Gates	2	.1	1.9	98.1	
Sophie Carpenter Speidel	2	.1	1.9	100.0	
Total		106	7.5	100.0	
Missing	System	1312	92.5		

Athlete_5

	Frequency	Percent	Valid Percent	Cumulative Percent
Total	1418	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid				
Abrahams Tea Round	1	.1	.1	.1
Angeles Crest 100	7	.5	.7	.8
Appalachian Trail	8	.6	.8	1.7
Arizona Trail	4	.3	.4	2.1
Backyard Ultra	13	.9	1.4	3.5
Badger 100	1	.1	.1	3.6
Badwater Ultramarathon	20	1.4	2.1	5.7
Bandera	2	.1	.2	5.9
Barkley Marathons	67	4.7	7.1	13.0
Bartram Trail	2	.1	.2	13.2
Big Horn 100	2	.1	.2	13.4
Bigfoot 200	2	.1	.2	13.6
Black Canyon Ultras	7	.5	.7	14.3
Black Mountain Marathon	2	.1	.2	14.6
Bob Graham Round	11	.8	1.2	15.7
Born to Run Ultra	2	.1	.2	15.9
Breakneck Point Trail Marathon	2	.1	.2	16.1
Broken Arrow Skyrace	6	.4	.6	16.8
Burning River 100	4	.3	.4	17.2
Chuckanut 50k	2	.1	.2	17.4
Cocodona 250	15	1.1	1.6	19.0
Comrades Marathon	5	.4	.5	19.5
Continental Divide Trail	2	.1	.2	19.7
Crazy Mountain 100	2	.1	.2	19.9
Cruel Jewel 100	2	.1	.2	20.1
Diagonale des Fous	3	.2	.3	20.5
Dipsea Race	12	.8	1.3	21.7
Dragon's Back	5	.4	.5	22.3
Earth Day Challenge	1	.1	.1	22.4
Exum Ridge	3	.2	.3	22.7
Georgia Jewel 50	2	.1	.2	22.9
Golden Trail Series	2	.1	.2	23.1
Great North Run	3	.2	.3	23.4
Grindstone 100	2	.1	.2	23.6
Hardrock 100	85	6.0	9.0	32.6

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Heartland 100	2	.1	.2	32.8
Hellbender 100	2	.1	.2	33.0
Ice Age Trail 50	4	.3	.4	33.4
Izu Oshima Marathon	2	.1	.2	33.6
Javelina Jundred	8	.6	.8	34.5
JFK 50	6	.4	.6	35.1
Kiener's Route	3	.2	.3	35.4
La Saintélyon	2	.1	.2	35.7
Lake Sonoma 50	4	.3	.4	36.1
Lakeland 50/100	2	.1	.2	36.3
Leadville Trail 100	51	3.6	5.4	41.7
Long Trail	2	.1	.2	41.9
Lookout Mountain 50	2	.1	.2	42.1
Manchester Marathon	1	.1	.1	42.2
Manitou Incline	5	.4	.5	42.7
Marathon des Sables	3	.2	.3	43.0
Marathon Rotterdam	1	.1	.1	43.1
Marine Corps Marathon	1	.1	.1	43.2
Moab 240	14	1.0	1.5	44.7
Mojave Death Race	2	.1	.2	44.9
Mount Marathon	6	.4	.6	45.6
Mount Tam Hill Climb	2	.1	.2	45.8
Mount Washington	4	.3	.4	46.2
Mountain Masochist 50	2	.1	.2	46.4
Mountain Mist 50k	2	.1	.2	46.6
Mount Rainier	2	.1	.2	46.8
Nolan's 14	2	.1	.2	47.0
Old County Tops Fell Race	2	.1	.2	47.3
Pacific Crest Trail	6	.4	.6	47.9
Paddy Buckley Round	5	.4	.5	48.4
Parkrun	6	.4	.6	49.1
Pennine Way	1	.1	.1	49.2
Pikes Peak	13	.9	1.4	50.5
Presidential Traverse	2	.1	.2	50.7
Ragnar Relay Series	2	.1	.2	50.9
Rails to Trails	2	.1	.2	51.2
Ramsay's Round	4	.3	.4	51.6
Rankin Round	1	.1	.1	51.7
Rim to Rim to Rim	34	2.4	3.6	55.3
Ring of Steall	2	.1	.2	55.5
Rio del Lago 100	2	.1	.2	55.7

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Self-Transcendence 3100	2	.1	.2	55.9
Sierra-Zinal	4	.3	.4	56.3
Siskiyou Out Back	4	.3	.4	56.8
South Downs Way 100	4	.3	.4	57.2
Spartathlon	2	.1	.2	57.4
Speedgoat Mountain Races	2	.1	.2	57.6
Spine Race	4	.3	.4	58.0
Stone Mill 50	2	.1	.2	58.2
Tahoe Rim Trail 100	5	.4	.5	58.8
The Highland Fling	2	.1	.2	59.0
John Muir Trail	6	.4	.6	59.6
The Kan	2	.1	.2	59.8
The Rut	8	.6	.8	60.7
Wonderland Trail	6	.4	.6	61.3
Timberline Trail	2	.1	.2	61.5
Tough Mudder	1	.1	.1	61.6
Tunnel Hill	2	.1	.2	61.8
Two Oceans	2	.1	.2	62.0
Ultra Trail Harricana	2	.1	.2	62.2
Ultra Trail Mont Blanc	149	10.5	15.7	78.0
Umstead 100	2	.1	.2	78.2
Vermont 50	5	.4	.5	78.7
Virginia's Triple Crown	2	.1	.2	78.9
Wasatch 100	5	.4	.5	79.4
West Highland Way	1	.1	.1	79.5
Western States Endurance Run	139	9.8	14.7	94.2
World Athletics Cross Country Championships	1	.1	.1	94.3
World Marathon Majors	38	2.7	4.0	98.3
Yeti Race Series	2	.1	.2	98.5
Yorkshire Three Peaks	2	.1	.2	98.7
Yosemite Half Marathon	2	.1	.2	98.9
Zegama-Aizkorri	2	.1	.2	99.2
Zion Ultra Marathons	2	.1	.2	99.4
Longs Peak	3	.2	.3	99.7
Val d'Aran	1	.1	.1	99.8
Superior 100	2	.1	.2	100.0
Total	948	66.9	100.0	
Missing System	470	33.1		
Total	1418	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Appalachian Trail	2	.1	1.0	1.0
	Backyard Ultra	5	.4	2.5	3.5
	Badwater Ultramarathon	6	.4	3.0	6.4
	Barkley Marathons	22	1.6	10.9	17.3
	Bob Graham Round	4	.3	2.0	19.3
	Broken Arrow Skyrace	2	.1	1.0	20.3
	Burning River 100	2	.1	1.0	21.3
	Cocodona 250	2	.1	1.0	22.3
	Dipsea Race	3	.2	1.5	23.8
	Dragon's Back	2	.1	1.0	24.8
	Hardrock 100	20	1.4	9.9	34.7
	Ice Age Trail 50	2	.1	1.0	35.6
	Leadville Trail 100	10	.7	5.0	40.6
	Long Trail	2	.1	1.0	41.6
	Lookout Mountain 50	2	.1	1.0	42.6
	Moab 240	6	.4	3.0	45.5
	Mount Washington	2	.1	1.0	46.5
	Mount Rainier	2	.1	1.0	47.5
	Pikes Peak	4	.3	2.0	49.5
	Rim to Rim to Rim	4	.3	2.0	51.5
	Rio del Lago 100	2	.1	1.0	52.5
	Siskiyou Out Back	2	.1	1.0	53.5
	Tahoe Rim Trail 100	2	.1	1.0	54.5
	John Muir Trail	2	.1	1.0	55.4
	Two Oceans	2	.1	1.0	56.4
	Ultra Trail Mont Blanc	33	2.3	16.3	72.8
	Western States Endurance Run	48	3.4	23.8	96.5
World Marathon Majors	4	.3	2.0	98.5	
Longs Peak	3	.2	1.5	100.0	
Total		202	14.2	100.0	
Missing	System	1216	85.8		
Total		1418	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Appalachian Trail	2	.1	1.1	1.1
	Backyard Ultra	4	.3	2.2	3.3
	Badwater Ultramarathon	6	.4	3.3	6.6
	Bandera	2	.1	1.1	7.7
	Barkley Marathons	2	.1	1.1	8.7
	Big Horn 100	2	.1	1.1	9.8
	Black Mountain Marathon	2	.1	1.1	10.9
	Bob Graham Round	2	.1	1.1	12.0
	Chuckanut 50k	2	.1	1.1	13.1
	Cocodona 250	4	.3	2.2	15.3
	Cruel Jewel 100	2	.1	1.1	16.4
	Diagonale des Fous	3	.2	1.6	18.0
	Dipsea Race	2	.1	1.1	19.1
	Georgia Jewel 50	2	.1	1.1	20.2
	Hardrock 100	14	1.0	7.7	27.9
	Heartland 100	2	.1	1.1	29.0
	Izu Oshima Marathon	2	.1	1.1	30.1
	Javelina Jundred	2	.1	1.1	31.1
	JFK 50	2	.1	1.1	32.2
	Kiener's Route	3	.2	1.6	33.9
	Lake Sonoma 50	2	.1	1.1	35.0
	Leadville Trail 100	15	1.1	8.2	43.2
	Moab 240	2	.1	1.1	44.3
	Mount Marathon	4	.3	2.2	46.4
	Mountain Mist 50k	2	.1	1.1	47.5
	Pacific Crest Trail	4	.3	2.2	49.7
	Paddy Buckley Round	2	.1	1.1	50.8
	Parkrun	2	.1	1.1	51.9
	Rails to Trails	2	.1	1.1	53.0
	Rim to Rim to Rim	5	.4	2.7	55.7
	Self-Transcendence 3100	2	.1	1.1	56.8
	Spartathlon	2	.1	1.1	57.9
	Speedgoat Mountain Races	2	.1	1.1	59.0
	Stone Mill 50	2	.1	1.1	60.1
	Tahoe Rim Trail 100	2	.1	1.1	61.2
	The Rut	6	.4	3.3	64.5
	Ultra Trail Harricana	2	.1	1.1	65.6
	Ultra Trail Mont Blanc	22	1.6	12.0	77.6
	Virginia's Triple Crown	2	.1	1.1	78.7
	Western States Endurance Run	24	1.7	13.1	91.8

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
World Marathon Majors	9	.6	4.9	96.7
Yosemite Half Marathon	2	.1	1.1	97.8
Zegama-Aizkorri	2	.1	1.1	98.9
Superior 100	2	.1	1.1	100.0
Total	183	12.9	100.0	
Missing System	1235	87.1		
Total	1418	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Badger 100	2	.1	1.5	1.5
Badwater Ultramarathon	2	.1	1.5	3.1
Barkley Marathons	10	.7	7.6	10.7
Bigfoot 200	2	.1	1.5	12.2
Black Canyon Ultras	3	.2	2.3	14.5
Bob Graham Round	2	.1	1.5	16.0
Breakneck Point Trail Marathon	2	.1	1.5	17.6
Broken Arrow Skyrace	2	.1	1.5	19.1
Cocodona 250	2	.1	1.5	20.6
Continental Divide Trail	2	.1	1.5	22.1
Dipsea Race	2	.1	1.5	23.7
Exum Ridge	3	.2	2.3	26.0
Hardrock 100	21	1.5	16.0	42.0
Javelina Jundred	2	.1	1.5	43.5
JFK 50	2	.1	1.5	45.0
Leadville Trail 100	6	.4	4.6	49.6
Manitou Incline	3	.2	2.3	51.9
Mount Washington	2	.1	1.5	53.4
Mountain Masochist 50	2	.1	1.5	55.0
Nolan's 14	2	.1	1.5	56.5
Old County Tops Fell Race	2	.1	1.5	58.0
Pacific Crest Trail	2	.1	1.5	59.5
Pikes Peak	2	.1	1.5	61.1
Presidential Traverse	2	.1	1.5	62.6
Rim to Rim to Rim	14	1.0	10.7	73.3
Sierra-Zinal	2	.1	1.5	74.8
Wonderland Trail	4	.3	3.1	77.9
Ultra Trail Mont Blanc	12	.8	9.2	87.0

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Vermont 50	2	.1	1.5	88.5
Wasatch 100	2	.1	1.5	90.1
Western States Endurance Run	9	.6	6.9	96.9
World Marathon Majors	4	.3	3.1	100.0
Total	131	9.2	100.0	
Missing System	1287	90.8		
Total	1418	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Angeles Crest 100	5	.4	6.3	6.3
Appalachian Trail	2	.1	2.5	8.8
Arizona Trail	4	.3	5.0	13.8
Backyard Ultra	2	.1	2.5	16.3
Badwater Ultramarathon	2	.1	2.5	18.8
Barkley Marathons	4	.3	5.0	23.8
Black Canyon Ultras	4	.3	5.0	28.7
Cocodona 250	2	.1	2.5	31.3
Comrades Marathon	2	.1	2.5	33.8
Dipsea Race	2	.1	2.5	36.3
Grindstone 100	2	.1	2.5	38.8
Javelina Jundred	2	.1	2.5	41.3
JFK 50	2	.1	2.5	43.8
Leadville Trail 100	2	.1	2.5	46.3
Marathon des Sables	2	.1	2.5	48.8
Mojave Death Race	2	.1	2.5	51.2
Mount Tam Hill Climb	2	.1	2.5	53.8
Parkrun	3	.2	3.8	57.5
Pikes Peak	5	.4	6.3	63.7
Ramsay's Round	2	.1	2.5	66.3
Rim to Rim to Rim	2	.1	2.5	68.8
Ring of Steall	2	.1	2.5	71.3
Sierra-Zinal	2	.1	2.5	73.8
John Muir Trail	4	.3	5.0	78.8
Timberline Trail	2	.1	2.5	81.3
Tunnel Hill	2	.1	2.5	83.8
Ultra Trail Mont Blanc	2	.1	2.5	86.3
Umstead 100	2	.1	2.5	88.8

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
	Wasatch 100	3	.2	3.8	92.5
	Western States Endurance Run	4	.3	5.0	97.5
	World Marathon Majors	2	.1	2.5	100.0
	Total	80	5.6	100.0	
Missing	System	1338	94.4		
Total		1418	100.0		

For your old kit, have you ever sold it online.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	31	2.2	8.2	8.2
	No	348	24.5	91.8	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

For your old kit, have you ever donated it to a charity shop or other runners.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	163	11.5	43.0	43.0
	No	216	15.2	57.0	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

For your old kit, have you ever repaired and reused.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	137	9.7	36.1	36.1
	No	242	17.1	63.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How old were you when you started running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	124	8.7	33.2	33.2
	18-24 yrs	45	3.2	12.0	45.2
	25-34 yrs	83	5.9	22.2	67.4
	35-44 yrs	66	4.7	17.6	85.0
	45-54 yrs	37	2.6	9.9	94.9
	55+ yrs	19	1.3	5.1	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

How long have you been running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 2 yrs	30	2.1	8.0	8.0
	2-5 yrs	49	3.5	13.1	21.1
	5-10 yrs	59	4.2	15.8	36.9
	10-15 yrs	67	4.7	17.9	54.8
	More than 15 yrs	169	11.9	45.2	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

What is the farthest you have ever run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to 10km	14	1.0	3.7	3.7
	Half Marathon (approx. 21km)	45	3.2	12.0	15.8
	Marathon (approx. 42km)	36	2.5	9.6	25.4
	50km	84	5.9	22.5	47.9
	80km / 50 miles	66	4.7	17.6	65.5
	100km	37	2.6	9.9	75.4
	160km / 100 miles	65	4.6	17.4	92.8
	More than 100 miles	27	1.9	7.2	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

What is your normal/average training mileage per week?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to 20km	28	2.0	7.5	7.5
	21-40km	97	6.8	25.9	33.4
	41-60km	122	8.6	32.6	66.0
	61-80km	86	6.1	23.0	89.0
	81-120km	33	2.3	8.8	97.9
	More than 120km	8	.6	2.1	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

How often do you run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	40	2.8	10.7	10.7
	5-6 times per week	183	12.9	48.9	59.6
	3-4 times per week	139	9.8	37.2	96.8
	1-2 times per week	10	.7	2.7	99.5
	Occasionally	2	.1	.5	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

How often do you run with other people?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every week	106	7.5	30.0	30.0
	Maybe once or twice a month	59	4.2	16.7	46.7
	Occasionally	120	8.5	34.0	80.7
	Never	68	4.8	19.3	100.0
	Total	353	24.9	100.0	
Missing	System	1065	75.1		
Total		1418	100.0		

Have you competed in a Track race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	270	19.0	71.2	71.2
	Yes	109	7.7	28.8	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you competed in a Road race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	49	3.5	12.9	12.9
	Yes	330	23.3	87.1	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you competed in a Trail Race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	31	2.2	8.2	8.2
	Yes	348	24.5	91.8	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you competed in a Ultra race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	96	6.8	25.3	25.3
	Yes	283	20.0	74.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you competed in a Fell race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	368	26.0	97.1	97.1
	Yes	11	.8	2.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you competed in a Sky race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	335	23.6	88.4	88.4
	Yes	44	3.1	11.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you competed in a Cross Country race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	281	19.8	74.1	74.1
	Yes	98	6.9	25.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How often do you race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Most weeks	8	.6	2.1	2.1
	Once or twice a month	39	2.8	10.4	12.6
	Every two months or so	67	4.7	17.9	30.5
	3-5 times per year	134	9.4	35.8	66.3
	1-2 times per year	116	8.2	31.0	97.3
	Never	10	.7	2.7	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

Have you raced in your local area (within 50 miles)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	46	3.2	12.1	12.1
	Yes	333	23.5	87.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you raced in other parts of your country (more than 50 miles away)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	66	4.7	17.4	17.4
	Yes	313	22.1	82.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you raced in another country?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	293	20.7	77.3	77.3
	Yes	86	6.1	22.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in gravel/mountain biking?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	224	15.8	59.1	59.1
	Yes	155	10.9	40.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in cycling (road, indoor exercise bike, track)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	191	13.5	50.4	50.4
	Yes	188	13.3	49.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in mountaineering/alpinism?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	294	20.7	77.6	77.6
	Yes	85	6.0	22.4	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in rock climbing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	287	20.2	75.7	75.7
	Yes	92	6.5	24.3	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in orienteering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	343	24.2	90.5	90.5
	Yes	36	2.5	9.5	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in skiing (i.e., downhill skiing)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	245	17.3	64.6	64.6
	Yes	134	9.4	35.4	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in cross country skiing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	275	19.4	72.6	72.6
	Yes	104	7.3	27.4	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in ski mountaineering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	360	25.4	95.0	95.0
	Yes	19	1.3	5.0	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in triathlon/duathlon?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	285	20.1	75.2	75.2
	Yes	94	6.6	24.8	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in obstacle course racing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	335	23.6	88.4	88.4
	Yes	44	3.1	11.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in paddle or surf boarding?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	327	23.1	86.3	86.3
	Yes	52	3.7	13.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in rowing (indoor or outdoor)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	338	23.8	89.2	89.2
	Yes	41	2.9	10.8	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever regularly participated in canoeing/kayaking/rafting?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	239	16.9	63.1	63.1
	Yes	140	9.9	36.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Do you do supplementary training (e.g., strength, flexibility, yoga)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	190	13.4	50.1	50.1
	No	39	2.8	10.3	60.4
	I try, but not as regularly as I think I should.	150	10.6	39.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Thinking about your outdoor skills (e.g., navigation, moving on technical terrain etc), please select the statement that best describes your abilities:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I feel confident in my outdoor skills - I have a great deal of experience and/or training.	145	10.2	38.8	38.8
	I have adequate outdoor skills, but there is definite room for improvement.	195	13.8	52.1	90.9
	My outdoor skills are fairly basic and/or I lack experience.	34	2.4	9.1	100.0
	Total	374	26.4	100.0	
Missing	System	1044	73.6		
Total		1418	100.0		

Which of these statements best describes running in your weekly routine?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I occasionally fit running in, but it is not a priority.	6	.4	1.7	1.7
	I do my best to go running, but there are other more important priorities.	52	3.7	14.5	16.2
	I try very hard to ensure that I get out running, even if this means moving other priorities around.	216	15.2	60.3	76.5
	Running is the most important part of my daily/weekly routine.	84	5.9	23.5	100.0
	Total	358	25.2	100.0	
Missing	System	1060	74.8		
Total		1418	100.0		

How strongly do you identify with Road Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	81	5.7	21.4	21.4
	2	76	5.4	20.1	41.4
	3	100	7.1	26.4	67.8
	4	72	5.1	19.0	86.8
	5	50	3.5	13.2	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How strongly do you identify with Track Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	276	19.5	72.8	72.8
	2	65	4.6	17.2	90.0
	3	16	1.1	4.2	94.2
	4	12	.8	3.2	97.4
	5	10	.7	2.6	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How strongly do you identify with Trail Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	21	1.5	5.5	5.5
	2	2	.1	.5	6.1
	3	22	1.6	5.8	11.9
	4	76	5.4	20.1	31.9
	5	258	18.2	68.1	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How strongly do you identify with Ultra Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	57	4.0	15.0	15.0
	2	35	2.5	9.2	24.3
	3	77	5.4	20.3	44.6
	4	64	4.5	16.9	61.5
	5	146	10.3	38.5	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How strongly do you identify with Fell/Hill Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	274	19.3	72.3	72.3
	2	25	1.8	6.6	78.9
	3	42	3.0	11.1	90.0
	4	24	1.7	6.3	96.3
	5	14	1.0	3.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How strongly do you identify with Sky Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	282	19.9	74.4	74.4
	2	33	2.3	8.7	83.1
	3	36	2.5	9.5	92.6
	4	16	1.1	4.2	96.8
	5	12	.8	3.2	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How strongly do you identify with Mountain Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	123	8.7	32.5	32.5
	2	40	2.8	10.6	43.0
	3	70	4.9	18.5	61.5
	4	69	4.9	18.2	79.7
	5	77	5.4	20.3	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is important for my mental health and helps me to feel more positive in life.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	22	1.6	5.8	5.8
	2	8	.6	2.1	7.9
	3	11	.8	2.9	10.8
	4	66	4.7	17.4	28.2
	5	272	19.2	71.8	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running provides me with a connection to nature and wild landscapes.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	21	1.5	5.5	5.5
	2	10	.7	2.6	8.2
	3	27	1.9	7.1	15.3
	4	67	4.7	17.7	33.0
	5	254	17.9	67.0	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like to run by myself and have time alone with my thoughts and feelings.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	27	1.9	7.1	7.1
	2	19	1.3	5.0	12.1
	3	60	4.2	15.8	28.0
	4	93	6.6	24.5	52.5
	5	180	12.7	47.5	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like the social aspects of running with and meeting other people.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	83	5.9	21.9	21.9
	2	82	5.8	21.6	43.5
	3	106	7.5	28.0	71.5
	4	63	4.4	16.6	88.1
	5	45	3.2	11.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is a way for me to escape from the pressures of work, family etc.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	53	3.7	14.0	14.0
	2	43	3.0	11.3	25.3
	3	81	5.7	21.4	46.7
	4	82	5.8	21.6	68.3
	5	120	8.5	31.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is important to me for weight loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	143	10.1	37.7	37.7
	2	68	4.8	17.9	55.7
	3	79	5.6	20.8	76.5
	4	41	2.9	10.8	87.3
	5	48	3.4	12.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like to use running to push to the edge of my physical and mental limitations.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	35	2.5	9.2	9.2
	2	21	1.5	5.5	14.8
	3	70	4.9	18.5	33.2
	4	95	6.7	25.1	58.3
	5	158	11.1	41.7	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running can be a spiritual or inner experience that connects to deep personal feelings and values.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	68	4.8	17.9	17.9
	2	49	3.5	12.9	30.9
	3	59	4.2	15.6	46.4
	4	66	4.7	17.4	63.9
	5	137	9.7	36.1	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - I am motivated by the competitive aspects of running (e.g., races, Strava segments, personal bests).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	80	5.6	21.1	21.1
	2	89	6.3	23.5	44.6
	3	87	6.1	23.0	67.5
	4	78	5.5	20.6	88.1
	5	45	3.2	11.9	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like the structure and discipline of regular training.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	53	3.7	14.0	14.0
	2	48	3.4	12.7	26.6
	3	90	6.3	23.7	50.4
	4	85	6.0	22.4	72.8
	5	103	7.3	27.2	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

Have you ever volunteered at a running race or event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	271	19.1	71.5	71.5
	No	108	7.6	28.5	100.0
	Total	379	26.7	100.0	
Missing	System	1039	73.3		
Total		1418	100.0		

How often have you volunteered to help organise or staff a running event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Once	63	4.4	23.2	23.2
	Two to four times	94	6.6	34.7	57.9
	Five or more occasions	114	8.0	42.1	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

Have you volunteered at a short event (less than 2 hours in duration)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	141	9.9	52.0	52.0
	Yes	130	9.2	48.0	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

Have you volunteered at a medium event (between 2-5 hours in duration)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	135	9.5	49.8	49.8
	Yes	136	9.6	50.2	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

Have you volunteered at a long event (between 5-12 hours in duration)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	156	11.0	57.6	57.6
	Yes	115	8.1	42.4	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

Have you volunteered at a 12+ hour or multiday event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	191	13.5	70.5	70.5
	Yes	80	5.6	29.5	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - In order to get a free place at a future event**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	73	5.1	49.3	49.3
	2	38	2.7	25.7	75.0
	3	21	1.5	14.2	89.2
	4	10	.7	6.8	95.9
	5	6	.4	4.1	100.0
	Total	148	10.4	100.0	
Missing	System	1270	89.6		
Total		1418	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - Material incentives (e. g., a free pair of running shoes)**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	80	5.6	67.2	67.2
	2	19	1.3	16.0	83.2
	3	18	1.3	15.1	98.3
	4	2	.1	1.7	100.0
	Total	119	8.4	100.0	
Missing	System	1299	91.6		
Total		1418	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - To help ensure that an
important event can take place**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	12	.8	4.9	4.9
	2	15	1.1	6.2	11.1
	3	55	3.9	22.6	33.7
	4	72	5.1	29.6	63.4
	5	89	6.3	36.6	100.0
	Total	243	17.1	100.0	
Missing	System	1175	82.9		
Total		1418	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - To meet new people
and be part of a community**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	16	1.1	7.0	7.0
	2	28	2.0	12.2	19.1
	3	66	4.7	28.7	47.8
	4	70	4.9	30.4	78.3
	5	50	3.5	21.7	100.0
	Total	230	16.2	100.0	
Missing	System	1188	83.8		
Total		1418	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - To have fun and a
meaningful experience**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	2	.1	.8	.8
	2	9	.6	3.8	4.6
	3	62	4.4	25.9	30.5
	4	86	6.1	36.0	66.5
	5	80	5.6	33.5	100.0
	Total	239	16.9	100.0	
Missing	System	1179	83.1		
Total		1418	100.0		

Would you volunteer again?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes, it is always or usually a great experience	244	17.2	95.3	95.3
	Yes, but only if I can guarantee a positive experience	10	.7	3.9	99.2
	No, overall my past experience of volunteering has not been good	2	.1	.8	100.0
	Total	256	18.1	100.0	
Missing	System	1162	81.9		
Total		1418	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. The event organisers did not make me feel welcome or valued

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	261	18.4	96.3	96.3
	The event organisers did not make me feel welcome or valued	10	.7	3.7	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. Volunteering at the event was stressful and too much was expected from me

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	267	18.8	98.5	98.5
	Volunteering at the event was stressful and too much was expected from me	4	.3	1.5	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. The event was badly organised and my role was not clearly explained

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	255	18.0	94.1	94.1
	The event was badly organised and my role was not clearly explained	16	1.1	5.9	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. Volunteering was tiring or difficult

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	261	18.4	96.3	96.3
	Volunteering was tiring or difficult	10	.7	3.7	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. I had a bad experience with runners or other volunteers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	265	18.7	97.8	97.8
	I had a bad experience with runners or other volunteers	6	.4	2.2	100.0
	Total	271	19.1	100.0	
Missing	System	1147	80.9		
Total		1418	100.0		