

Runners Pre-Race/Post-Race Survey

1. Introduction

Dear Runner,

This survey is to discover if there are any correlations between pre-race and post-race behavior from a bio-cultural (physiological process and cultural behaviors) perspective of runners by looking at their eating and training experiences, rituals and beliefs.

This survey is for people who have competed in a running race in the past five years.

YOUR RESPONSES ARE CONFIDENTIAL. Any identifying information that you give will not be publicized. This is a self-funded graduate student research project for anthropology at CSUN. All responses will remain anonymous. If you would like to see a copy of my research paper please give me your email at the end of this survey.

I really appreciate your time. This survey should take from 6 to 12 minutes.

Please reply by Friday, June 12, 2009.

Thank you!

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Marathon runner, Boston Qualifier'04 and Hawaiian Ironman'94
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2. Gender and age

1. Gender?

- Male
- Female

2. How old are you?

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3. Racing experience

1. How many years have you been racing? (approximately)

2. How many organized running races have you finished since you remember? (For example: If you don't know the exact number but feel that it's between 50 and 80, please split the difference and enter "65".)

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4. Longest race in past five years

Please think back over the past five years; please choose the longest distance race you have completed. You will be answering several questions about that race in this survey.

1. What is the longest race you have completed in the last five years? (Choose the closest distance.)

- 1 to 5K (3.1 miles)
- 5 Miles
- 10K (6.2 miles)
- 10 Miles
- 20K (12.4 miles)
- Half-Marathon (13.1 miles)
- 30K (18.6 miles)
- 40K (24.8 miles)
- Marathon (26.2 miles)
- 50K (31 miles)
- 100K (60.2 miles)
- 100 Miles
- Longer Race than 100 miles

2. Was this race the first time that you had raced this distance before?

- Yes
- No

3. How did you do?

- 1 = Very Disappointed with my performance (Argh!)
- 2 = Disappointed with my performance
- 3 = Neither content nor disappointed
- 4 = Content with my performance
- 5 = Very content with my performance (Yeah!)

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5. PRE-race training, diet and rituals

These questions ask about your training regime and pre-race diet and routines or rituals that are meant to increase your chances of having a good race on race day.

1. How many times do you work out a day (when actively training for a race)?

2. How many hours per week do you workout (when actively training for a race)?

3. How many times do you eat or drink (consume calories) when actively training for a race?

4. What types of foods and beverages do you typically consume when actively training for a race?

5. I can improve my physical performance on a diet based on science-based sports nutrition.

True

False

6. What are your PRE-race rituals or routines that you have to ensure a good race?

(Examples of routines I've heard before are, "wearing my lucky hat," "cleaning my bike", "doing some yoga stretches just before the race start", "eating one half of a sesame bagel with cream cheese an hour before race start.")

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6. PRE-race physiological symptoms of stress

1. How would you rate your PRE-race stress level just before the race start? (Referring to the "longest race in the past five years" that you indicated.)

- 1 = Very Relaxed
- 2 = Relaxed
- 3 = Neutral
- 4 = Stressed
- 5 = Very Stressed

2. Did you experience any PRE-race physiological symptoms of stress? (Examples include more than usual trips to the potty, decreased appetite, high heart rate, etc.)

- Yes
- No

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7. PRE-race stress-responses

Examples of physiological stress-responses include: elevated awareness, readiness to race, more than usual trips to the potty, diarrhea, stomach cramping, talkative, butterflies, not talkative, fatigue, shivers, dread, increased mental focus, increased aggressiveness or competitiveness, increased sensitivity to touch, noise, or smells, excitement, increased appetite, decreased appetite, high heart rate, etc.

1. Please list your PRE-race physiological symptoms of stress.

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8. POST-race responses

These questions are about how you felt after the longest race you finished in the past five years.

1. What was your POST-race stress (or relief-from-stress) level about thirty minutes or more after finishing the race?

- 1 = Very Relaxed
- 2 = Relaxed
- 3 = Neutral
- 4 = Stressed
- 5 = Very Stressed

2. Did you experience any POST-race symptoms of stress (or relief-from-stress) responses?

(Examples of stress-responses include: elation, more than usual trips to the potty, diarrhea, stomach cramping, desire to be social, desire to be left alone, butterflies, fatigue, shivers, dread, euphoria, calmness, relief, increased mental focus, increased aggressiveness or competitiveness, increased sensitivity to touch, noise, or smells, excitement, increased appetite, decreased appetite, etc.)

- Yes
- No

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9. POST-race stress-responses

1. Please list your POST-race stress (or relief-from-stress) symptoms.

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10. POST-race foodways

1. POST-race craving: What foods and/or beverages did you crave immediately after the race?

(If none, then please say "None".)

2. POST-race celebration: What foods and/or beverages did you consume, later that day after the race?

3. POST-race celebration: Did you consume any alcoholic beverages to celebrate the race finish?

Yes

No

11. POST-race alcoholic beverages consumed

1. POST-race celebration: What alcoholic beverages did you drink and how many?

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12. PRE-race foodways. (Almost done!)

These several questions may reveal a runner's special food rituals, routines, or beliefs.

1. PRE-race day:

Do you consume a certain food or beverage, or food category or supplement the day before an important race? If so, please explain.

2. PRE-race (morning or just before):

What do you normally consume just before an important race. How long before the race?

3. During a race:

What do you normally consume while racing?

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13. Good and Bad Foods and Your Race Stories

What are "good foods" and "bad foods" and please share a race story or two.

1. Please name some "bad foods". For example what foods and/or beverages are bad for you and may hinder you achieving your athletic, health or philosophical goals if consumed too often?

2. Please name some "good foods". For example what foods and/or beverages are good for you and may help you achieve your athletic, health and philosophical goals?

3. Optional: Please describe an interesting example of a PRE-race situation that you experienced.

(Example: I'll never forget the dumb mistakes I made just before the San Diego Rock'n'Roll Marathon one year. I slept in and arrived too late to catch the airport shuttle and ended up parking near the race start. I didn't eat breakfast and didn't have a chance to use the restroom before the race started either. Needless to say, I had a slow race and had to stop and use a porta-potty, too.)

4. Optional: Please describe an interesting example of a POST-race situation that you experienced.

(Example: After finishing the Big Sur Trail Marathon one year, I went back to our camp site and took a long nap. I was too tired to play with our kids or drink a celebratory beer.)

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14. You are done!

Yeah! Thank you so much. I really appreciate you taking the time to respond to this survey. This research project is for science and is self-funded.

Leave me your email if you would like a copy of the research results.

Thank you very much,

:) Angela

1. Please leave me your name and email address if you would like a copy of my research results.

To see a copy of my triathlete and marathon runner foodways research paper from Fall 2008, go to:

<http://www.multisportmama.com/2009/06/foodways-of-runners-triathletes-fall08.html>

Name:

Email Address: