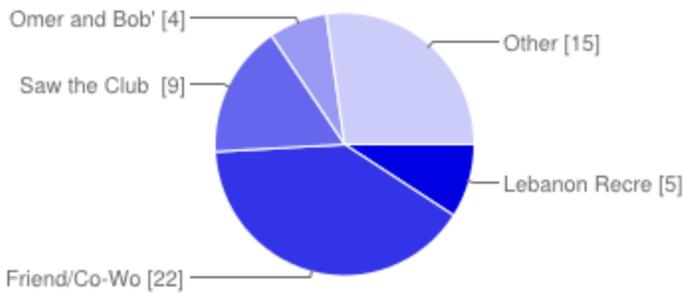


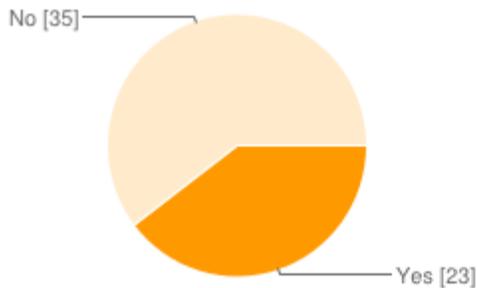
## 2014 UVRC Membership Survey Results- 58 Responses

### How did you first hear about the Upper Valley Running Club?



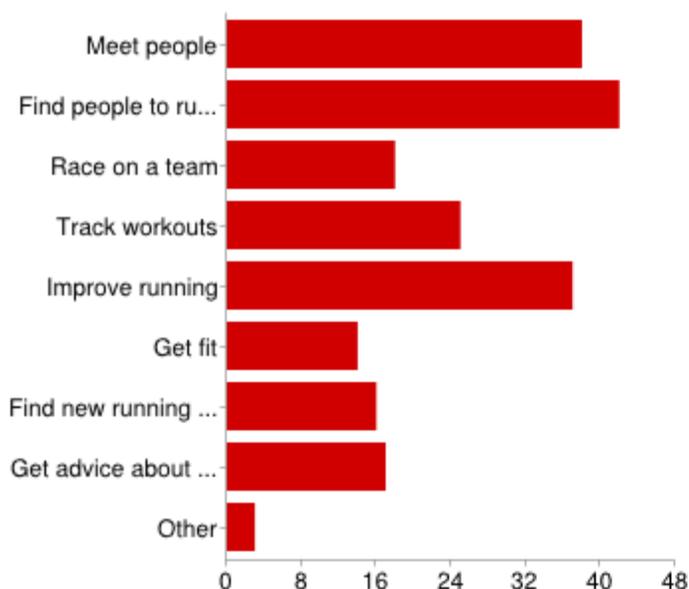
Lebanon Recreation	5	9%
Friend/Co-Worker	22	38%
Saw the Club at an event	9	16%
Omer and Bob's	4	7%
Other	15	26%

### Are you a member of the Upper Valley Trail Runners?



Yes	23	40%
No	35	60%

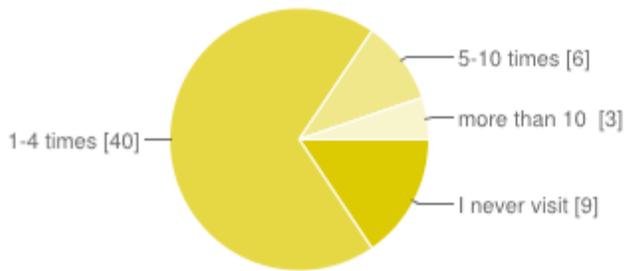
### Why did you join UVRC?



Meet people	38	66%
Find people to run with	42	72%
Race on a team	18	31%
Track workouts	25	43%
Improve running	37	64%
Get fit	14	24%
Find new running routes	16	28%
Get advice about running	17	29%
Other	3	5%

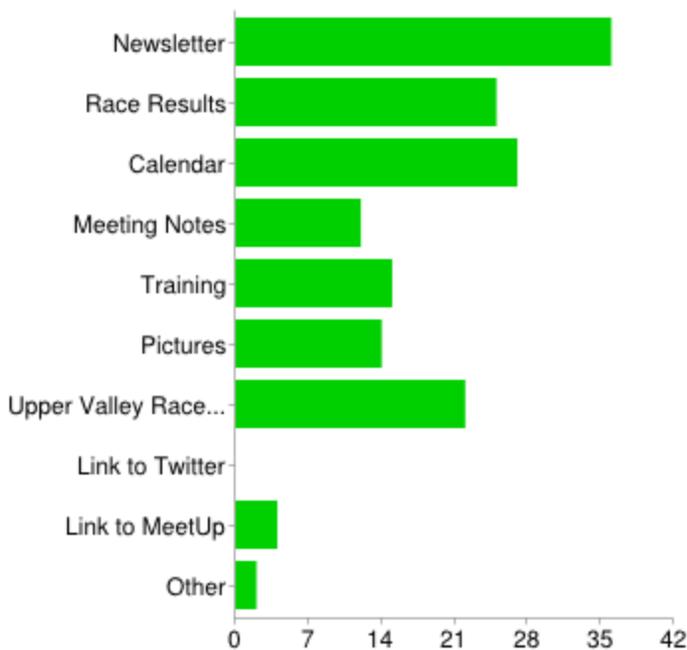
# Website

## How often do you visit the UVRC website in a typical month?



I never visit the website	9	16%
1-4 times	40	69%
5-10 times	6	10%
more than 10 times	3	5%

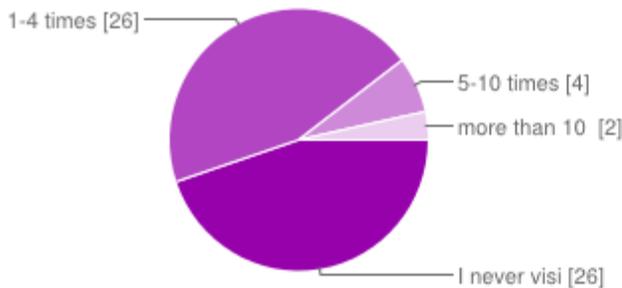
## Which sections of the website are most useful to you?



Newsletter	36	62%
Race Results	25	43%
Calendar	27	47%
Meeting Notes	12	21%
Training	15	26%
Pictures	14	24%
Upper Valley Race Series	22	38%
Link to Twitter	0	0%
Link to MeetUp	4	7%
Other	2	3%

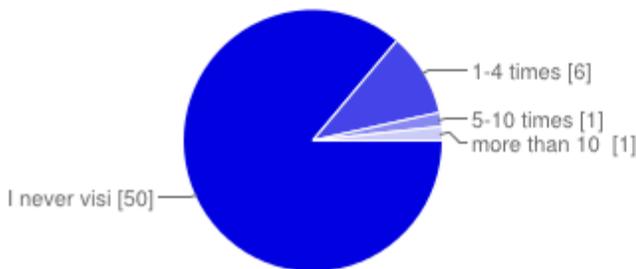
# Social Media & Other Web Presence

## How often do you visit the UVRC Facebook page in a typical month?



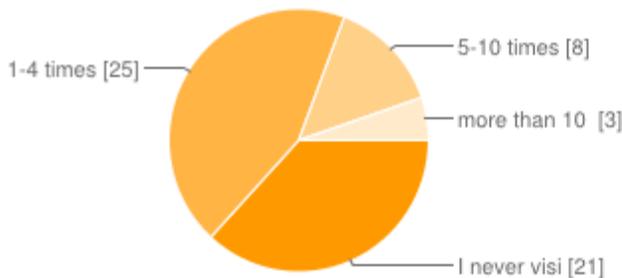
I never visit the website	26	45%
1-4 times	26	45%
5-10 times	4	7%
more than 10 times	2	3%

## How often do you visit the UVRC Twitter page in a typical month?



I never visit the website	50	86%
1-4 times	6	10%
5-10 times	1	2%
more than 10 times	1	2%

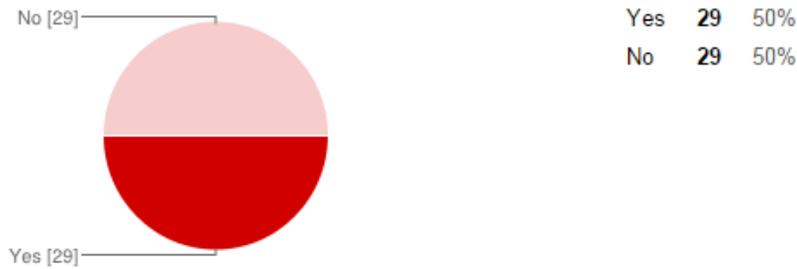
## How often do you visit the UVRC MeetUp page in a typical month?



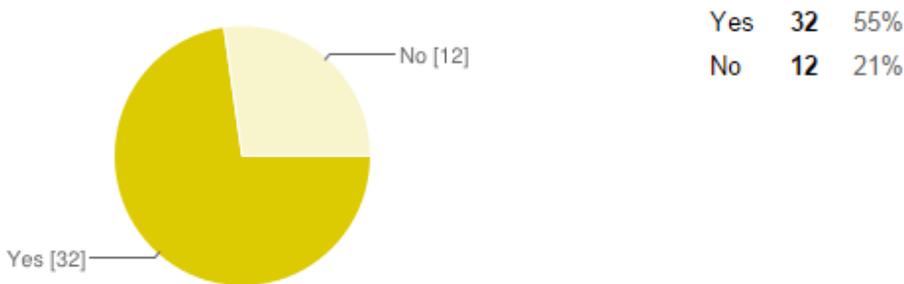
I never visit the website	21	36%
1-4 times	25	43%
5-10 times	8	14%
more than 10 times	3	5%

# Club Activities

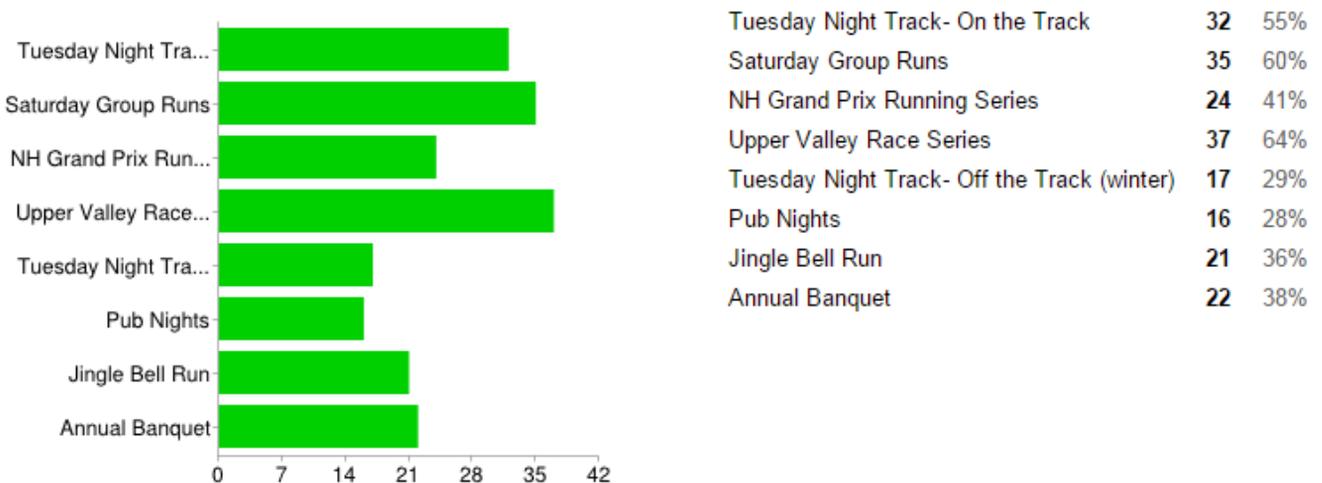
Have you participated a team event such as VT 100 on 100, Reach the Beach, or Harpoon Octoberfest?



If you haven't, would you be interested in participating in a team event such as VT 100 on 100, Reach the Beach, or Harpoon Octoberfest?

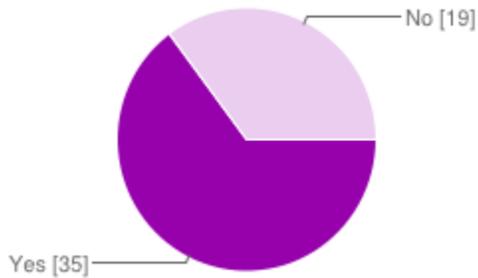


What Club sponsored activities do you participate in?



# Speaker Series

If UVRC sponsored a running related speaker series once a month would you attend?



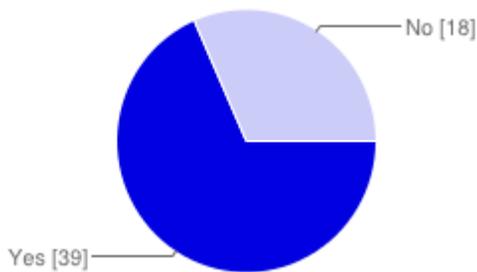
Yes	35	60%
No	19	33%

## If yes, what topics would you be interested in?

- nutrition before a big race - carb loading etc
- Preventing injuries or dealing with injuries
- Tips on running in general. Topics that cover injuries.
- I would be happy to provide some speaker expertise. I think people would be interested in shoes, training for certain upcoming events, basic exercises, etc.
- Training Injuries
- General running advice or trends, health topics, injury prevention
- running form, footwear, injury prevention, strength training
- Anything! I'd love to hear marathon recaps, talks about special runs like the RTR at the Grand Canyon, talks about running in foreign countries, adventure running, running and aging, injury prevention. Just please don't do it Thursday night! I have to work then.
- I would attend when I could but probably not every month. It would be nice to hear about strength training, nutrition, injury prevention, and cross training.
- nutrition for runners, proper sneaker selection(Rob Waryas should be the speaker for this)
- Nutrition How a slow runner gets faster Injury prevention
- Almost anything related to running
- Training for half marathons
- injury prevention, stamina building, racing strategy
- Fueling for distance running, injury prevention, gait cycle, training/recovery plans
- Physiology of training, evidence basis for various training regimens, use of HR monitoring/lactate threshold in training, running mechanics, pathophysiology of running injuries, treatment of running injuries
- interesting ones
- Ultra running; running faster; race director issues
- injury prevention, cross training advice, inspirational presentations
- training tips, injury prevention, the latest science on running-related topics such as nutrition, injury prevention, training, etc.
- Running experiences How to write my own training plan for a 5k, 1/2 marathon..... Injury related issues Motivational/ goal issues Cross training for over 40 year olds?
- Weight training specific to running Hill running Improving speed Injury prevention
- Injury prevention and recovery, nutrition, running and aging
- Strengthening for speed and injury prevention
- Nutrition Race training Explanation of track workout terms Heart rate
- Plyometrics, nutrition
- nutrition/fueling strength training for runners

# Group Training

Would you be interested in training groups for specific races such as the Mt. Washington Road Race, CHaD Half Marathon, or a local full marathon?



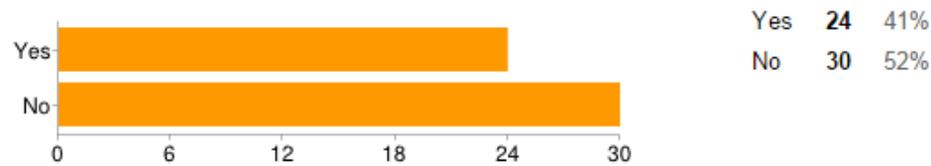
Yes	39	67%
No	18	31%

**If yes, what race(s) would you suggest for training groups?**

- CHAD
- marathon
- CHAD, Covered bridges
- CHaD
- Mt Washington
- NHGP & CHaD
- Mt. Washington, CHaD, Burlington Marathon
- Chad Half or Covered Bridges
- Marathon
- Mt washinton, VT50
- Mt. Washington
- Mt. Washington Road Race
- anything!
- MWRR, Boston Marathon
- Covered Bridges
- the ChaD half
- Mt. Washington, Marathon and Vermont 50 mile
- Mt W
- covered bridges half
- marathon, VT 50/100
- Road to Pogue; Shaker 7; etc
- Mt. Wash
- Dartmouth Relays
- Stoaked trail run, CHAD 5K, Turkey Trot 10K
- local full marathon
- CBHM

# Racing, Volunteering, and Social Committee

## If UVRC had a racing team, would you be interested in joining?



## What would be a good incentive to volunteer?

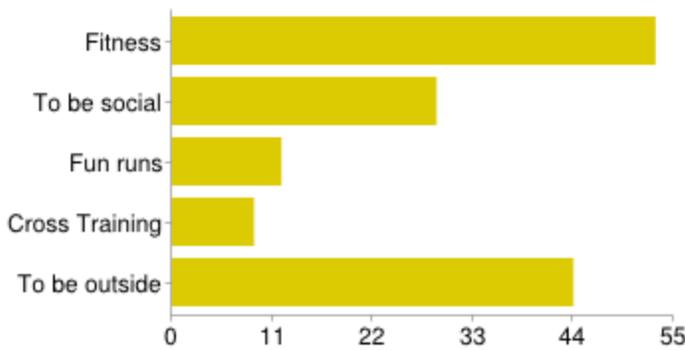


## What types of social events would you like to see the Social Committee sponsor?

- More of the same like Farnum preview, Harpoon preview, Jingle Bell Run. I like the previews with a social element.
- Gelato
- Halloween Awards Banquet - timing is usually right. Occom Pond Party- Snow Shoe Race (UVRC to Lead)
- I like once a month Pub night and once a season (3-4 times a year) picnic/banquet. Also post-race event -- especially if we have traveled a distance.
- Fund raiser/silent auction for a good cause
- more family-friendly stuff to balance pub nights (e.g., BBQ at Storrs Pond)
- I like the pub nights and the banquet. A family BBQ in the summer would be fun.
- gatherings which include families
- pub quiz, pub karaoke, pub night
- Long run and coffee/ breakfast

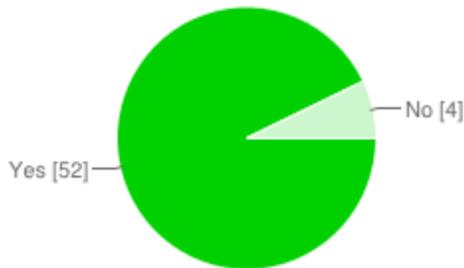
# About You!

## Why do you run?



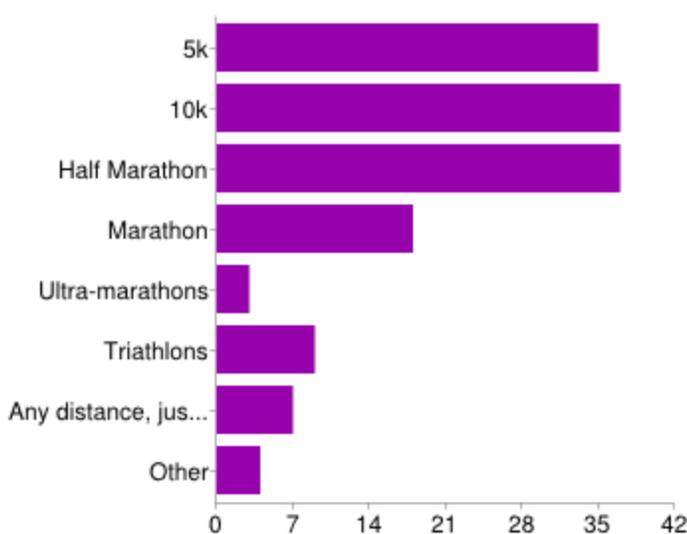
Fitness	53	91%
To be social	29	50%
Fun runs	12	21%
Cross Training	9	16%
To be outside	44	76%

## Do you like to run races?



Yes	52	90%
No	4	7%

## If yes, what distances do you train for?



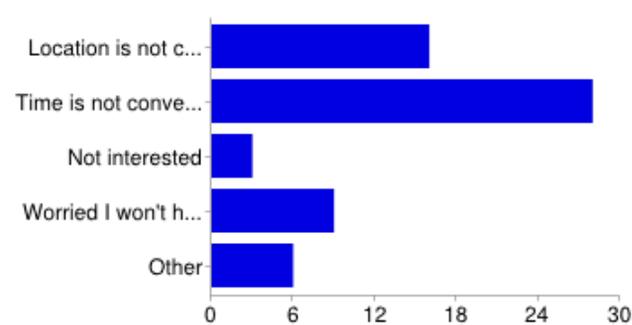
5k	35	60%
10k	37	64%
Half Marathon	37	64%
Marathon	18	31%
Ultra-marathons	3	5%
Triathlons	9	16%
Any distance, just like to race!	7	12%
Other	4	7%

# About You!

## What activity would you like to see the Club sponsor?

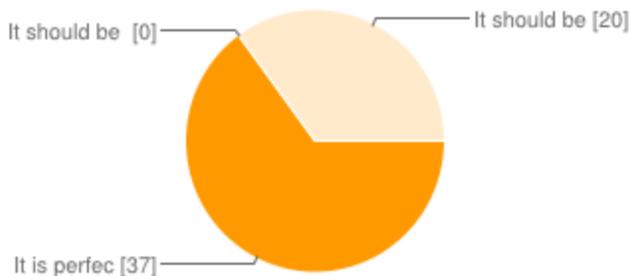
- 1 mile road race
- A full marathon!
- Occom Pond Party Snow Shoe Race
- I like the UVRC race series. I think it would be nice to do some strength training nights and/or yoga nights.
- High school or middle school xc or track races
- Foliage Five
- Halloween-costume run
- speakers
- weekday night 5k race series in the summer on the same course every week
- Yoga? Shoe trials?
- I'd like to see a couch to 5k program. I would love to help newbies.
- A new members run

## Why do you NOT participate in club activities?



Location is not convenient	16	28%
Time is not convenient	28	48%
Not interested	3	5%
Worried I won't have someone that runs my pace	9	16%
Other	6	10%

## Membership for the Club is \$5, how do you feel about the membership fee?



It is perfect at \$5	37	64%
It should be less	0	0%
It should be more	20	34%

# Comments/Suggestions

## Do you have any additional comments or suggestions?

- Thanks to all the organizers, coaches, web and news letter crew. Meet Ups for UVRC and Trail Running are OK, slightly confusing, and maybe too frequent.
- I don't work a typical M-F 9-5 schedule so I can't show up consistently. I love the energy and positive attitude of the group members and leadership. I'm an experienced runner but I think it's easily approachable for people of any experience level.
- Love the running club! Wish I could have participated in more activities this year, but hope to do so in 2015. Also loved Mt. Washington - plan to try to get in via the lottery next year. :)
- We need to somehow convince people that we are competitive -- but not elite. I think we lose the casual runner.
- I think Tuesday night track night is great. I just can't get to it as often as I would like due to my work schedule. I enjoy the newsletter. I like to run races just for fun. I am not that interested in having my name published.
- Keep up the great work!
- I joined the club about a year ago, and have managed to get myself to only one Saturday morning run in the whole year. Some of that is because of time and location (much more because of time), but a lot of it is because I am a little intimidated to just go out and meet new people on my own when it's clearly a pretty close-knit group. The one time I went out on the Saturday morning run, everyone was very friendly and welcoming, so I probably just need to get over my own hang-ups, but I think maybe a newbies' run once a month might help those of us newer to the group to feel more comfortable getting our feet wet with the club. Just a thought. Thanks for sending the survey and for being such a cool group:)
- I like the idea of organizing event specific training - e.g the Stoaked trail run is a unique enough challenge it would be nice to organize training for that event (8 miles of brutal hills!). I signed up for UVRC solely to participate in the Tuesday track workouts. Those are great but unfortunately it is hard for me to get out of work in time - I would love to see the actual running for those workouts start at 6:00PM. I would love to get some feedback on running mechanics. I was disappointed this year that UVRC did not participate in the Storrs pond running series (Fiddlehead five). This is the kind of series that UVRC should organize, promote and help manage (again, I might move it back to 6:00).

- Do a couch to 5K to get more people involved Have a way to get runners of different paces together. Being a slow runner, it was intimidating to come to the runs because I wouldn't know if anyone was at my pace.
- As a slow person, I am a little worried about fitting in at the track workout or Saturday runs. Not sure how to address this. Besides a couch to 5k course, I'd love to be involved in a way to get older people running.
- Thanks... to all the do'ers in the UVRC.
- Thank you UVRC! I'm so thankful I found this group! I love the idea of event specific training. I have found myself holding back on some of the longer distances like marathons and ultras just because I really don't know how to train for it.
- Thank you, volunteers!
- Support UVRC membership for younger runners
- I run because it feels good! I didn't see that option.
- Great club. Glad that I joined. Supportive group. Motivated and fun.
- want to see the club grow, especially among "new" runners
- I'm a little ways out of town member and you do a wonderful job of making me feel included love the weekly race results, Facebook updates and Strava club! You bring the social fun to a mostly solitary endeavor!