Pre-Event Survey

Register Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender:\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + - * How old were you when you started running?
	1. Less than 18 yrs
	2. 18-24 yrs
	3. 25-34 yrs
	4. 35-44 yrs
	5. 45-54 yrs
	6. 55+yrs
		+ - How long have you been running?
1. Less than 2 years
2. 2-5 years
3. 5-10 years
4. 10-15 years
5. More than 15 years
	* + - What is your normal training mileage per week?
6. Up to 20 km
7. 21-40 km
8. 41-60km
9. 61-80km
10. 81-120 km
11. More than 120km
	* + - How often do you run?
12. Everyday
13. 5-6 times a week
14. 3-4 times a week
15. 1-2 times a week
16. Occasionally
	* + - What is the farthest you have ever run?
17. Marathon (42.2 km)
18. 50 km
19. 80 km/50 mile
20. 100 km
21. 160 km/100 mile
22. More than 100 mile
	* + - What brands of shoes do you prefer to wear during training?
				1. Altra
				2. New Balance
				3. Brooks
				4. Saucony
				5. Hoka
				6. On-Cloud
				7. Vibram
				8. Others,

**Please specify brand and model:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* + - * How often do you change your training shoes?
				1. Less than 3 months
				2. 3-6 months
				3. 7-12 months
				4. 13-18 months
				5. More than 18 months
			* Do you wear hydration vest while running?
				1. Yes
				2. No
				3. From time to time
			* Do you do supplementary training (e.g., strength, flexibility, yoga)?
				1. Yes
				2. No
				3. I try, but not as regularly I think I should
			* Do you have a training coach?
				1. Yes
				2. No
				3. I used to have

Post-Event Survey

Register Number:\_\_\_\_\_\_\_\_ Gender:\_\_\_\_\_ Age:\_\_\_\_\_\_\_ Race Record: \_\_\_\_\_\_\_\_\_\_\_

Did you finish your registered race?

No / Yes

Did you run by yourself or run with a group during the race?

1. I ran by myself
2. I ran together with a group

Did you take a nap during your ultra-running event event?

Yes / No

What kind of shoes did you start with the race?

1. A new pair of trail specific shoes
2. A new pair of regular training shoes
3. An old pair of trail specific shoes
4. An old pair of regular running shoes

What brand: Such as Altra; New Balance; Brooks; Saucony; Hoka; On-Cloud; Vibram; Others,

**Please specify brand and model:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Did you change to another pair shoes during your race?

Yes / No

What brand: such as Altra; New Balance; Brooks; Saucony; Hoka; On-Cloud; Vibram; Others,

**Please specify brand and model:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Did you use energy gel during the race?

Yes / No

Did you wear a hydration vest during your race?

Yes / No

How many times did you use the bathroom during the race?

1. 0-1 time
2. 2-4 times
3. 5-7 times
4. More than 7 times

Did you eat, if yes, how many times did you take in food?

1. No.
2. Yes, 1-3 times
3. Yes, 4-5 times
4. Yes, 6-8 times
5. Yes, more than 8 times

Did you listen to some media during the race?

1. No.
2. Yes, podcast for ultra runners
3. Yes, music shuffle for runners