

Quick statistics

Survey 466964 'Reston Runners Member Survey 2018'

Results

Survey 466964

Number of records in this query:	285
Total records in survey:	285
Percentage of total:	100.00%

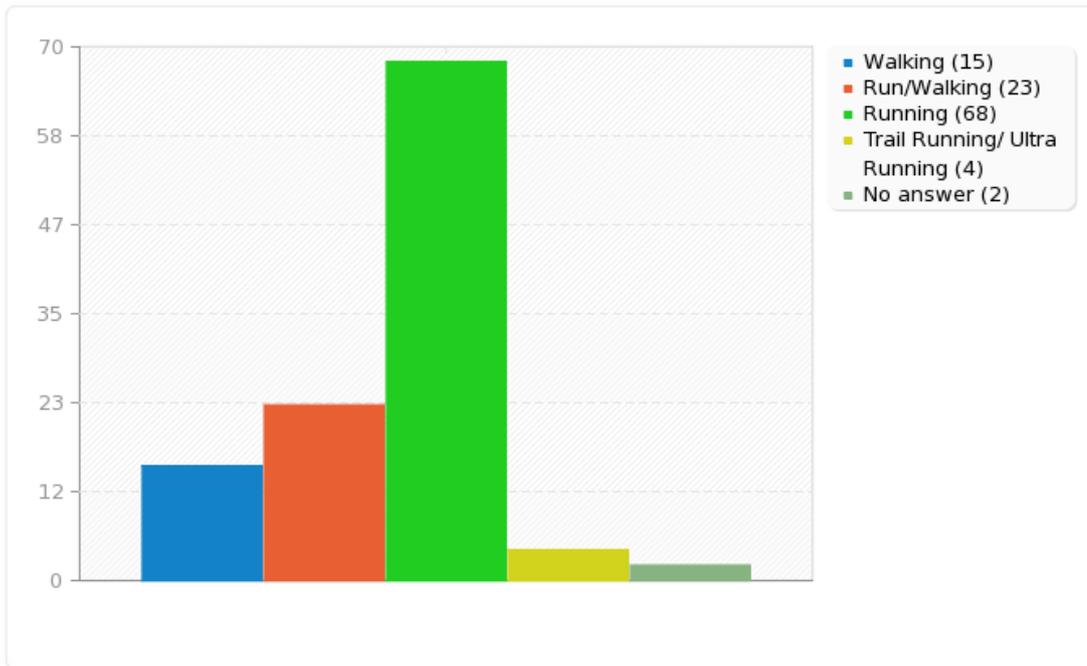
Field summary for Q001(SQ001)

Please indicate what activities best describe your interest in Reston Runners? (check all that apply) []

Answer	Count	Percentage
Walking (A1)	15	13.39%
Run/Walking (A2)	23	20.54%
Running (A3)	68	60.71%
Trail Running/ Ultra Running (A4)	4	3.57%
No answer	2	1.79%

Field summary for Q001(SQ001)

Please indicate what activities best describe your interest in Reston Runners? (check all that apply) []



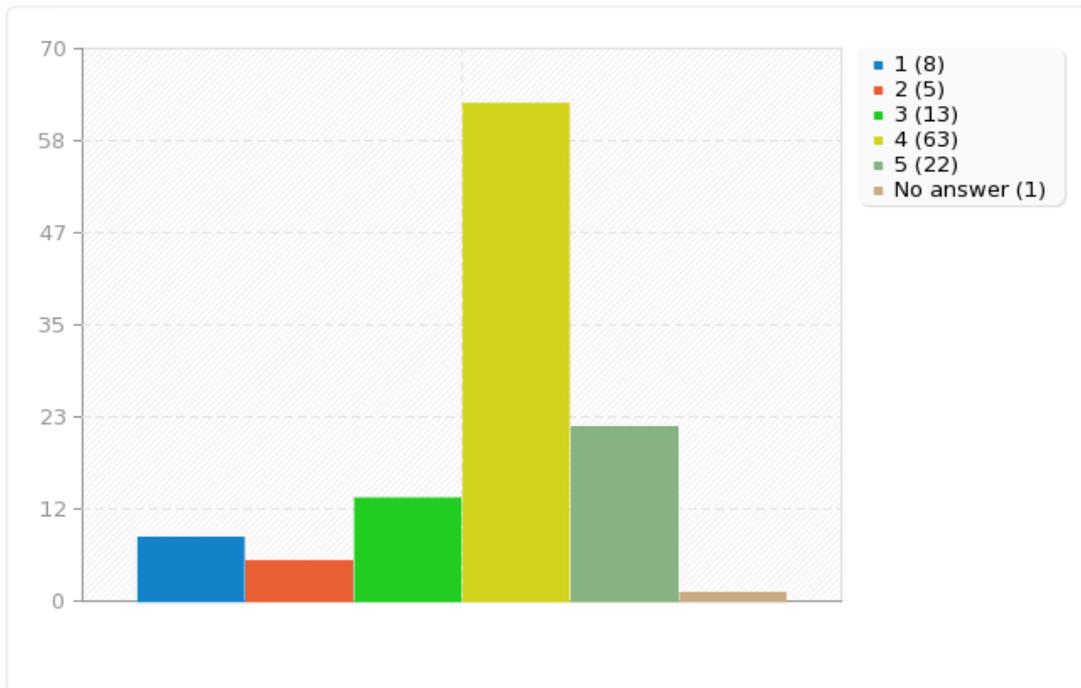
Field summary for Q002(SQ001)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Saturday Run/Walks]

Answer	Count	Percentage	Sum
1 (1)	8	2.82%	4.58%
2 (2)	5	1.76%	
3 (3)	13	4.58%	4.58%
4 (4)	63	22.18%	
5 (5)	22	7.75%	29.93%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ001)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Saturday Run/Walks]



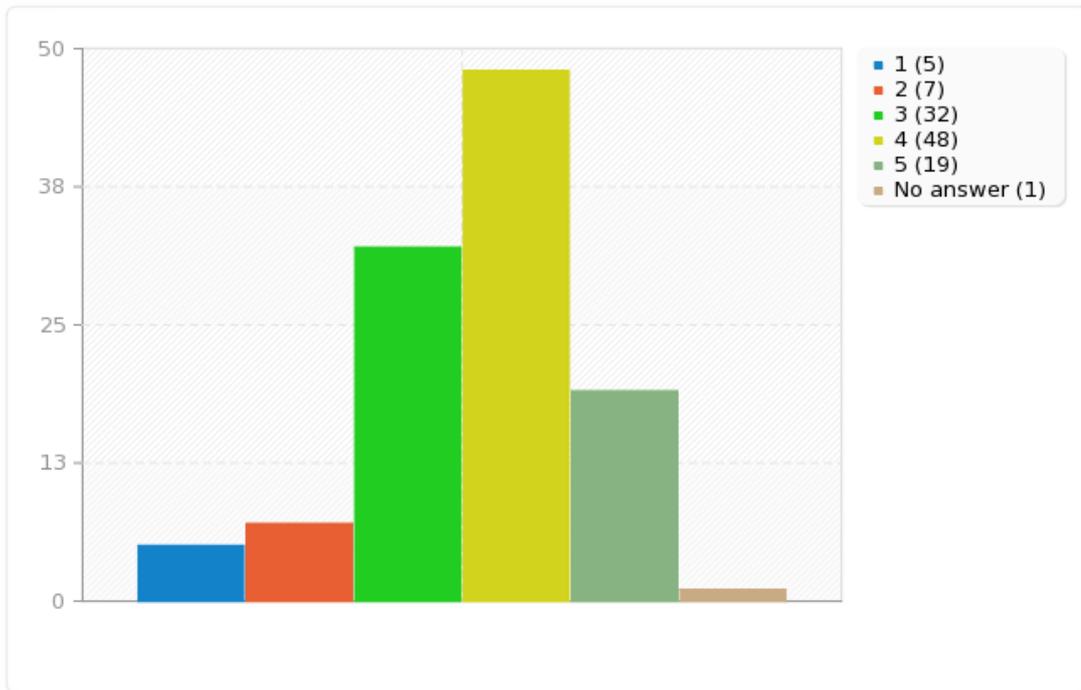
Field summary for Q002(SQ002)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Sunday Run/Walks]

Answer	Count	Percentage	Sum
1 (1)	5	1.76%	4.23%
2 (2)	7	2.46%	
3 (3)	32	11.27%	11.27%
4 (4)	48	16.90%	
5 (5)	19	6.69%	23.59%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ002)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Sunday Run/Walks]



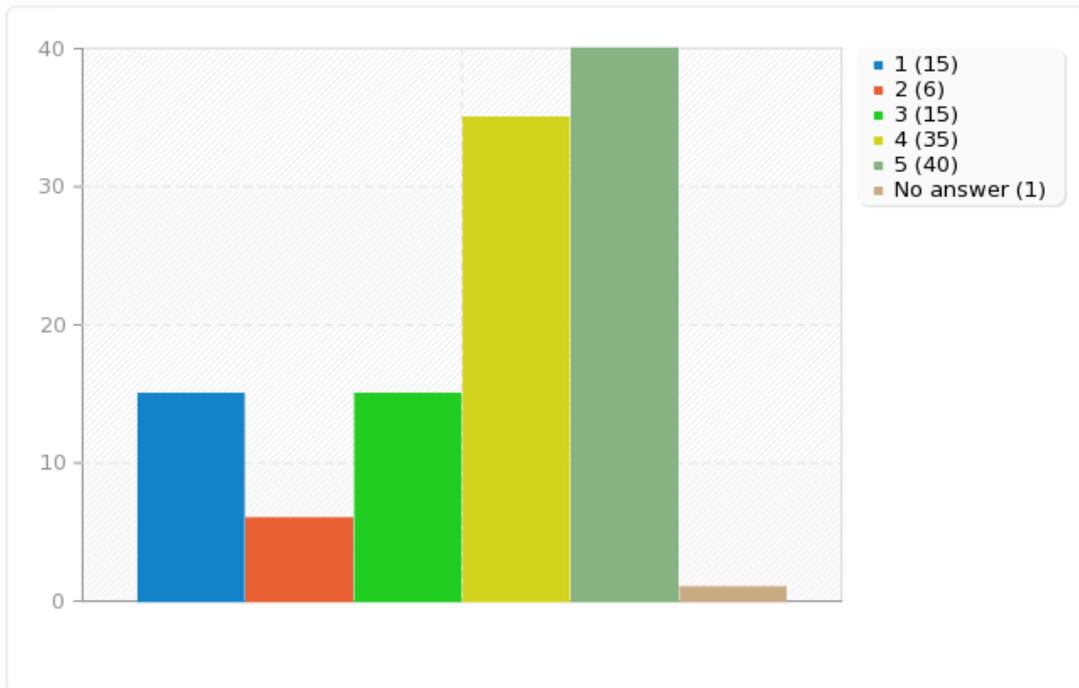
Field summary for Q002(SQ003)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Women's Training Program]

Answer	Count	Percentage	Sum
1 (1)	15	5.28%	7.39%
2 (2)	6	2.11%	
3 (3)	15	5.28%	5.28%
4 (4)	35	12.32%	
5 (5)	40	14.08%	26.41%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ003)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Women's Training Program]



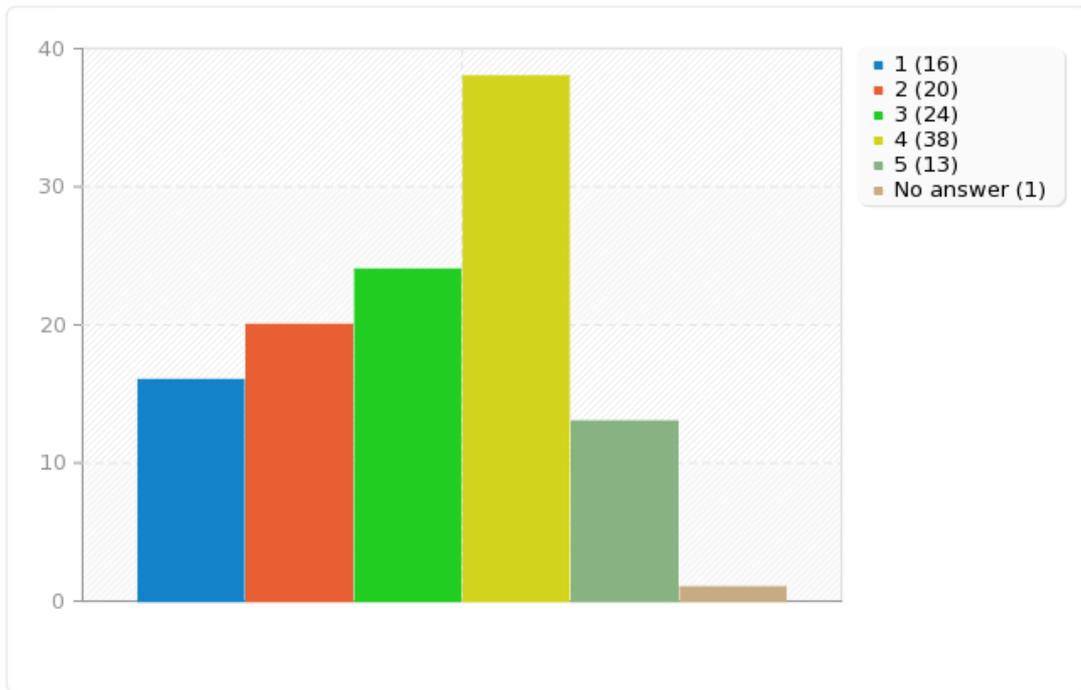
Field summary for Q002(SQ009)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Week Day Runs (Tuesday/Thursday)]

Answer	Count	Percentage	Sum
1 (1)	16	5.63%	12.68%
2 (2)	20	7.04%	
3 (3)	24	8.45%	8.45%
4 (4)	38	13.38%	
5 (5)	13	4.58%	17.96%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ009)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Week Day Runs (Tuesday/Thursday)]



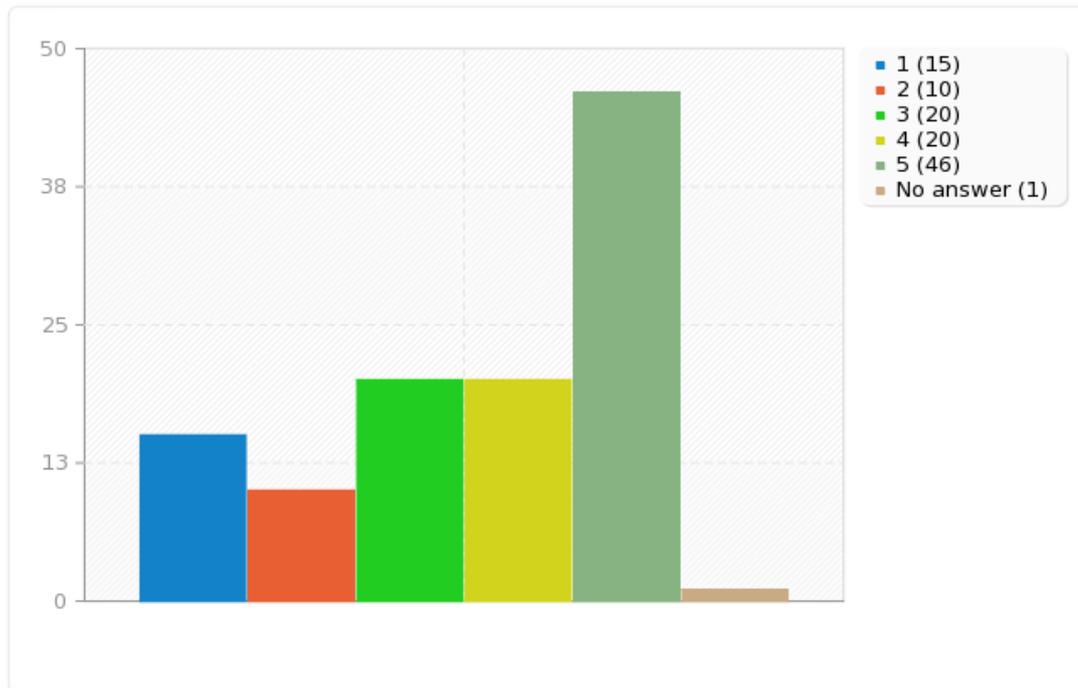
Field summary for Q002(SQ004)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Youth in Motion]

Answer	Count	Percentage	Sum
1 (1)	15	5.28%	8.80%
2 (2)	10	3.52%	
3 (3)	20	7.04%	7.04%
4 (4)	20	7.04%	
5 (5)	46	16.20%	23.24%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ004)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Youth in Motion]



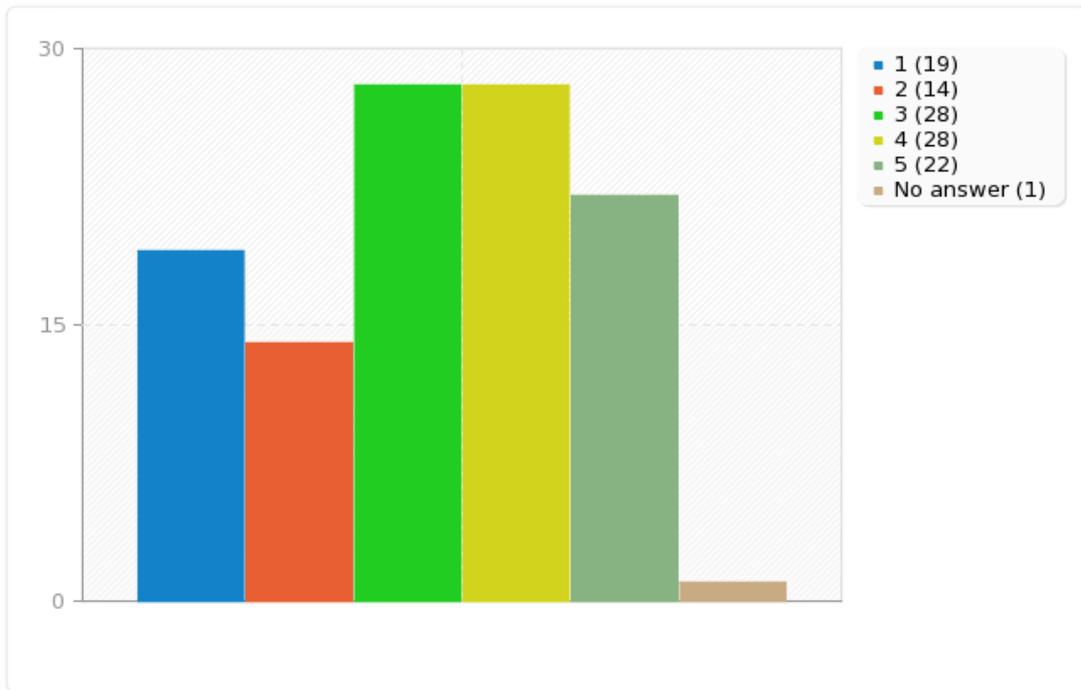
Field summary for Q002(SQ005)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Interval Training program]

Answer	Count	Percentage	Sum
1 (1)	19	6.69%	11.62%
2 (2)	14	4.93%	
3 (3)	28	9.86%	9.86%
4 (4)	28	9.86%	
5 (5)	22	7.75%	17.61%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ005)

Please rank the following Club major programs as how important they are to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Interval Training program]



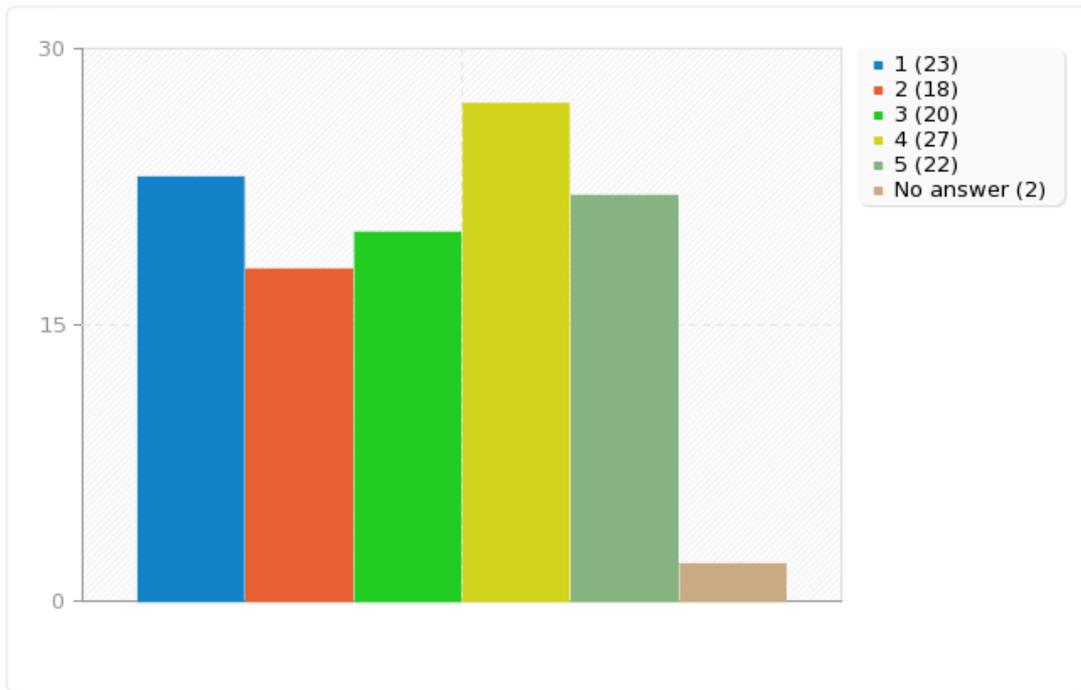
Field summary for Q002(SQ006)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [10 Weeks to 10K]

Answer	Count	Percentage	Sum
1 (1)	23	8.13%	14.49%
2 (2)	18	6.36%	
3 (3)	20	7.07%	7.07%
4 (4)	27	9.54%	
5 (5)	22	7.77%	17.31%
No answer	2	0.70%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	110	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ006)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [10 Weeks to 10K]



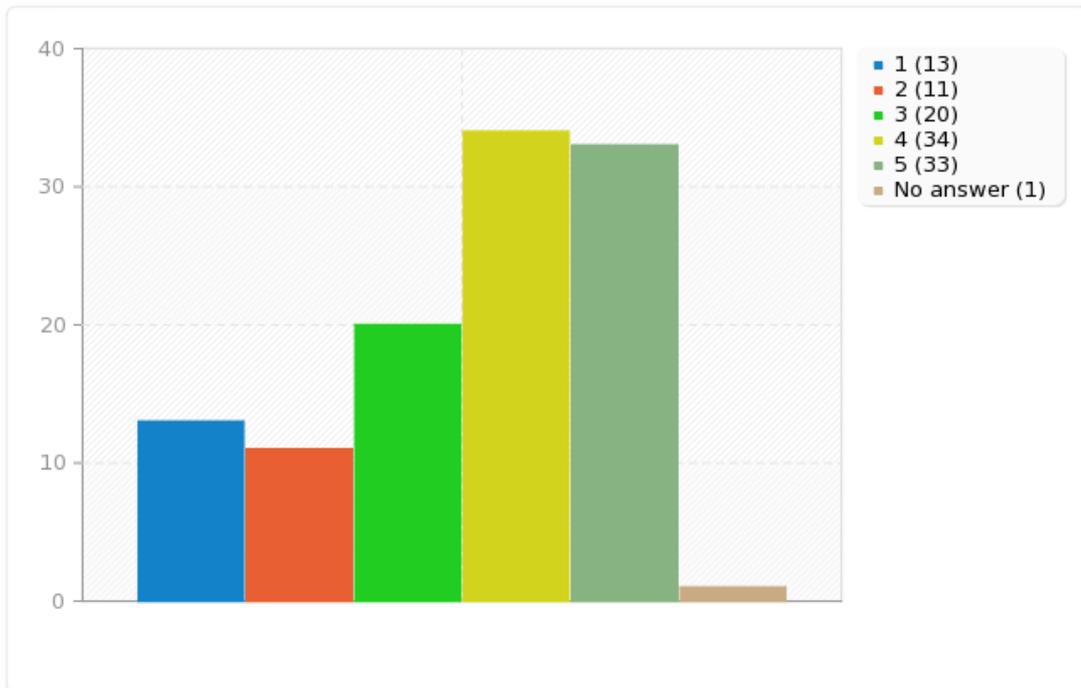
Field summary for Q002(SQ007)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Women's 5K Race]

Answer	Count	Percentage	Sum
1 (1)	13	4.58%	8.45%
2 (2)	11	3.87%	
3 (3)	20	7.04%	7.04%
4 (4)	34	11.97%	
5 (5)	33	11.62%	23.59%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ007)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Women's 5K Race]



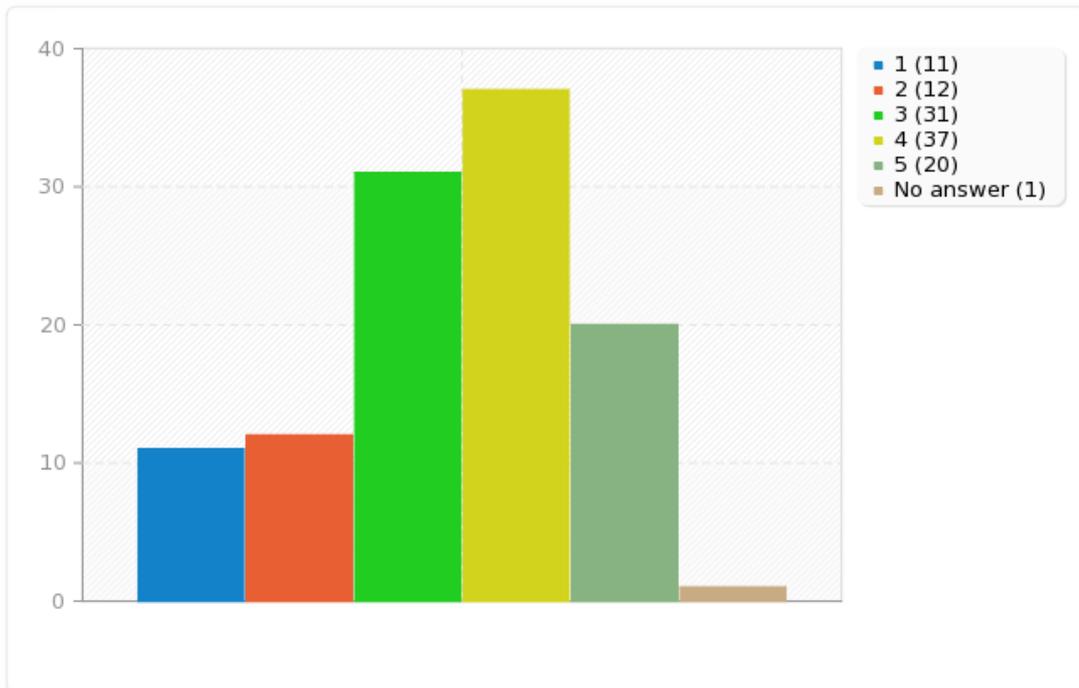
Field summary for Q002(SQ008)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Runners Marathon of Reston (RMR)]

Answer	Count	Percentage	Sum
1 (1)	11	3.87%	8.10%
2 (2)	12	4.23%	
3 (3)	31	10.92%	10.92%
4 (4)	37	13.03%	
5 (5)	20	7.04%	20.07%
No answer	1	0.35%	
Arithmetic mean	0		
Standard deviation	0		
Sum (Answers)	111	100.00%	100.00%
Number of cases		0%	

Field summary for Q002(SQ008)

Please rank the following Club major programs as how important they are to you to you, or as you see value for the Club (1 - not important to 4 - very important, 5 Not applicable) [Runners Marathon of Reston (RMR)]



Field summary for Q003

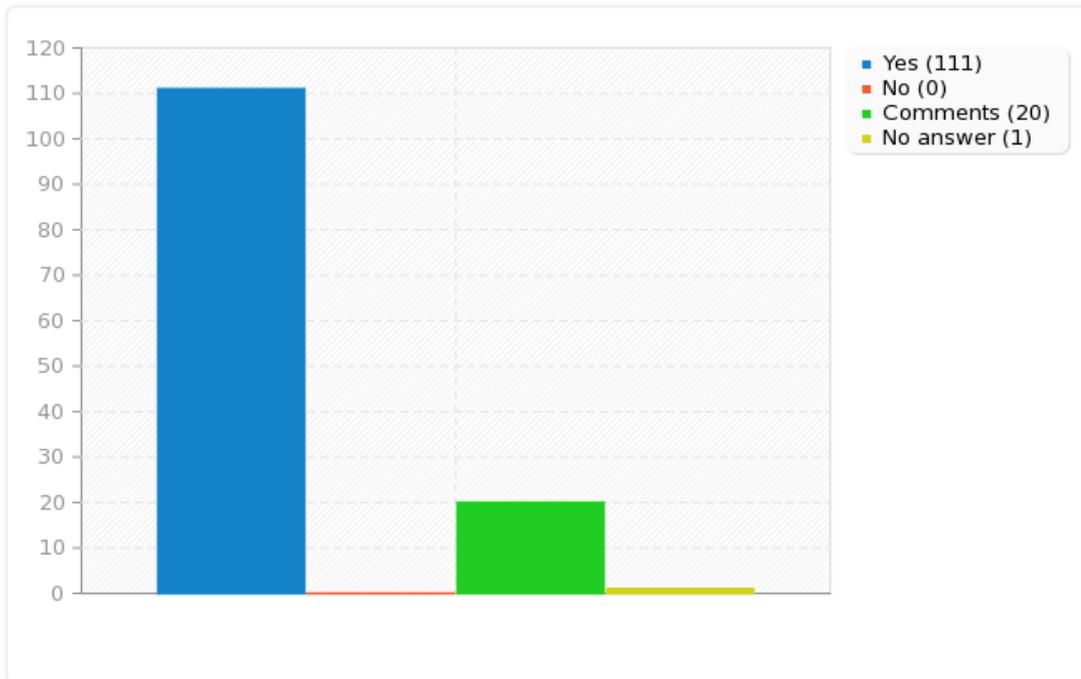
Do you consider the Club a good value for the current dues?

Answer	Count	Percentage
Yes (A1)	111	99.11%
No (A2)	0	0.00%
Comments	20	17.86%
No answer	1	0.89%

ID	Response
18	best bargain around!
22	Absolutely!
27	TOO good of a value - should be more :)
41	Great value!
52	I have to rank Saturday runs lowest, and Sunday and weekday runs useful, but I often cannot join. Nonetheless, I enjoy the club.
75	In my opinion, could be a bit more expensive and still will be very valuable. It could include a t-shirt, or magnet, etc every year when people sign up or renew their membership.
87	An excellent value. I would even be willing to pay a little more if necessary.
102	Dues are too low!
109	I believe the dues can be raised a bit.
128	Club dues are minimal. Value of the club is very high. Rate of return for club dues is super high. Consider raising the dues modestly.
130	Excellent value in organized runs and great social opportunities
135	Participating as a volunteer for our various events is very important to me.
166	The Club's bread and butter activities, Saturday and Sunday runs, are always very important. I don't participate in the Tuesday/Thursday runs, but my perception is that a number of full-time working people (read: younger) join at those times. I see the other programs and races as critical to the growth of the club. These are the ways we reach out and show value to the community. The Club's membership is rapidly aging and there should be a concerted effort with results (!) to attract and maintain younger regularly-participating members.
174	The dues are super cheap and the value is amazing! I love being able to run or walk with so many interesting people. I love the club's attitude, that it doesn't matter if you're slow or fast, if you race or not. I love that there's always someone my speed to run with and chat with. Reston Runners has been one of the vital aspects keeping me in the sport of running. It's much more fun with friends. And I love getting to run trails so often. That's my favorite type of course. (The first question says to choose all the answers that apply to you, but the program only lets you choose one.)
176	The club has always been made up of many clicks but today it seems that fewer and fewer members are showing up at Saturday and Sunday breakfast get-togethers.
195	Outstanding! A dues increase would not bother me.
201	Excellent value
267	Excellent value. Love the dedication of club officers and members. Wonderful connection with the community.
276	Thank you leadership for the hard work and effort to improve quality of club programs.
285	Not sure why you don't advertise the 7am walks at RCC and Pizza Hut Tuesday's and Thursdays? It would be great to have Mon/Wed. Options too.

Field summary for Q003

Do you consider the Club a good value for the current dues?



Field summary for Q004

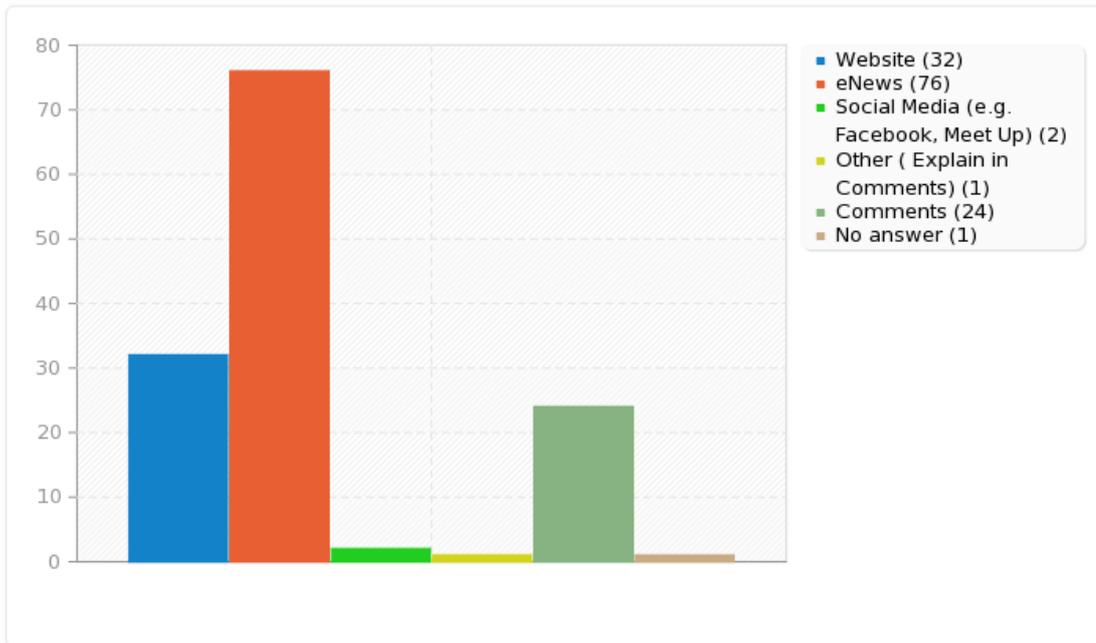
How do you best get information about the Club activities and events?

Answer	Count	Percentage
Website (A1)	32	28.57%
eNews (A2)	76	67.86%
Social Media (e.g. Facebook, Meet Up) (A3)	2	1.79%
Other (Explain in Comments) (A4)	1	0.89%
Comments	24	21.43%
No answer	1	0.89%

ID	Response
16	In addition to eNews, I also regularly check the website
19	Conversation with runners
22	I use a combination of all 3, but do rely on the eNews heavily.
28	Don't receive the eNews on a regular basis. About once a month
31	Really wish there were more info on Facebook and the website.
41	I also check the website regularly
47	I also get a lot of my information from social media.
87	Mostly from attending events
88	Website is a great resource although it's a little clunky at times.
89	I stopped receiving eNews. Can I get it again? Thanks! Aprille Sherman
100	Website needs to be redone. Too hard to find information.
104	Also eNews.
111	The eNews often has repetitive information that is outdated (e.g., encourages signing up for a program or race when registration has already closed).
122	While I use the eNews email to know where the weekend runs will begin, I often check the website to be sure I understand the Sunday run course. Unfortunately, the website is often wrong in some respect—that is, the map is wrong, the written directions are wrong, or sometimes both.
130	Website and news need to always reflect accurate run location and maps
150	And Website and word of mouth via friends I have made over the years
161	I did join the FB group recently, but it seems like most of the news is disseminated via the email newsletter, which is fine!
172	website is not secure and outdated with information. Links to courses are normally broken
174	For some reason I don't receive weekly emails anymore, even though my dues are current. So for the past month or two I've been using the website to find out where the weekend runs will be. I think the board does a fabulous job keeping everything going! So glad to be a part of this group.
176	ENews is my primary way of getting club news with the website being my backup.
193	I do not use a Facebook - I use emails, web, or MeetUp.
195	eNews is best, but I really like Facebook too!
196	Word of mouth at run/walk events.
263	Website and eNews

Field summary for Q004

How do you best get information about the Club activities and events?



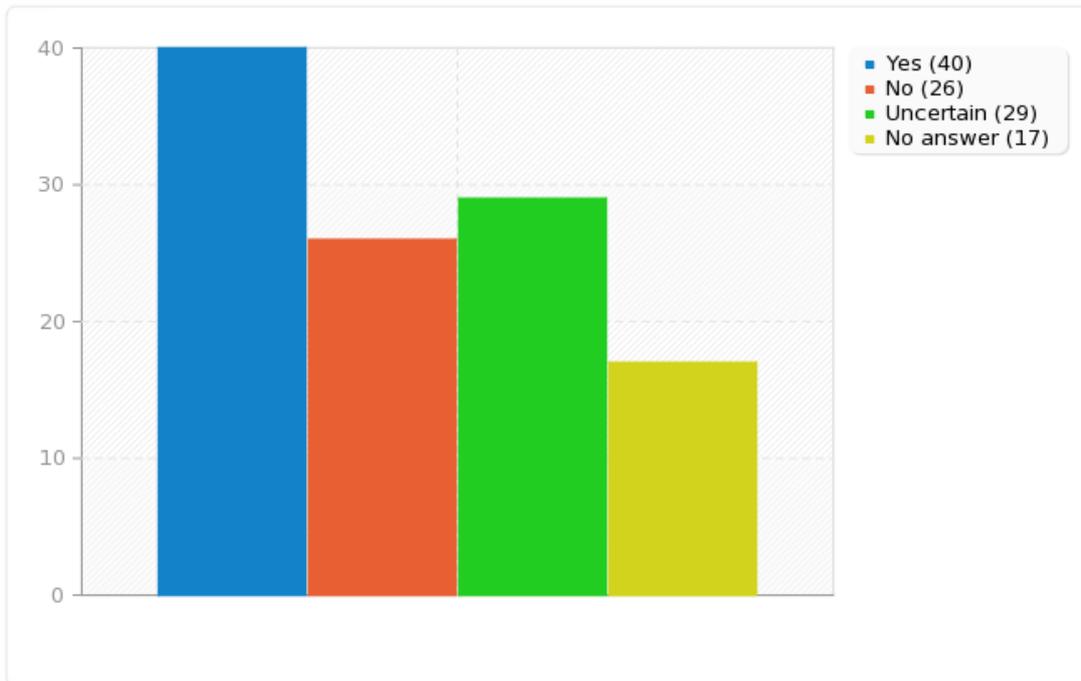
Field summary for Q005(SQ001)

Regarding adding variety to Club programs, indicate all that may apply [More periodic run/walks outside the Reston area (e.g. DC)]

Answer	Count	Percentage
Yes (Y)	40	35.71%
No (N)	26	23.21%
Uncertain (U)	29	25.89%
No answer	17	15.18%

Field summary for Q005(SQ001)

Regarding adding variety to Club programs, indicate all that may apply [More periodic run/walks outside the Reston area (e.g. DC)]



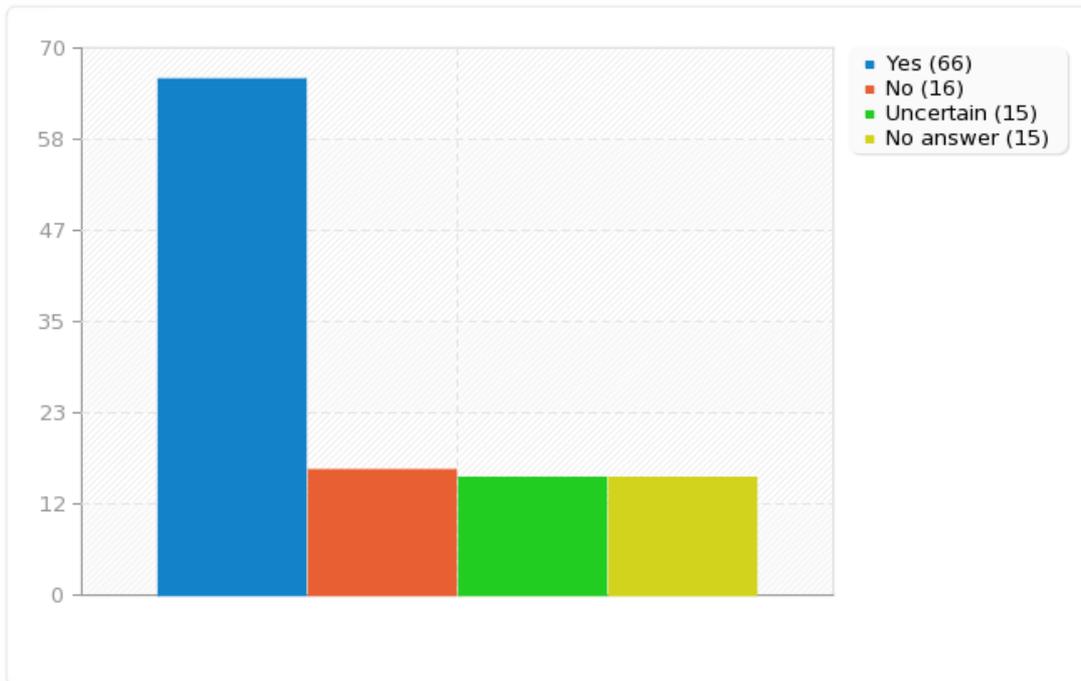
Field summary for Q005(SQ002)

Regarding adding variety to Club programs, indicate all that may apply [Develop new run/walk courses in Reston (including shorter and longer options)]

Answer	Count	Percentage
Yes (Y)	66	58.93%
No (N)	16	14.29%
Uncertain (U)	15	13.39%
No answer	15	13.39%

Field summary for Q005(SQ002)

Regarding adding variety to Club programs, indicate all that may apply [Develop new run/walk courses in Reston (including shorter and longer options)]



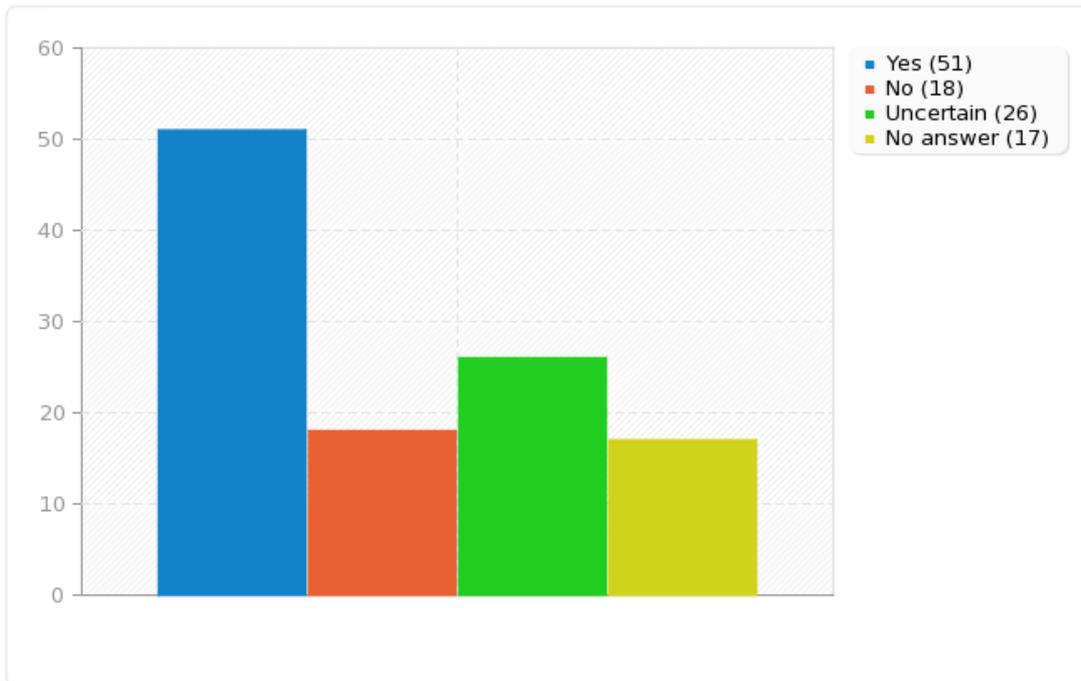
Field summary for Q005(SQ003)

Regarding adding variety to Club programs, indicate all that may apply [More non-running and social events (e.g. hikes, happy hours, group ticket events, etc.)]

Answer	Count	Percentage
Yes (Y)	51	45.54%
No (N)	18	16.07%
Uncertain (U)	26	23.21%
No answer	17	15.18%

Field summary for Q005(SQ003)

Regarding adding variety to Club programs, indicate all that may apply [More non-running and social events (e.g. hikes, happy hours, group ticket events, etc.)]



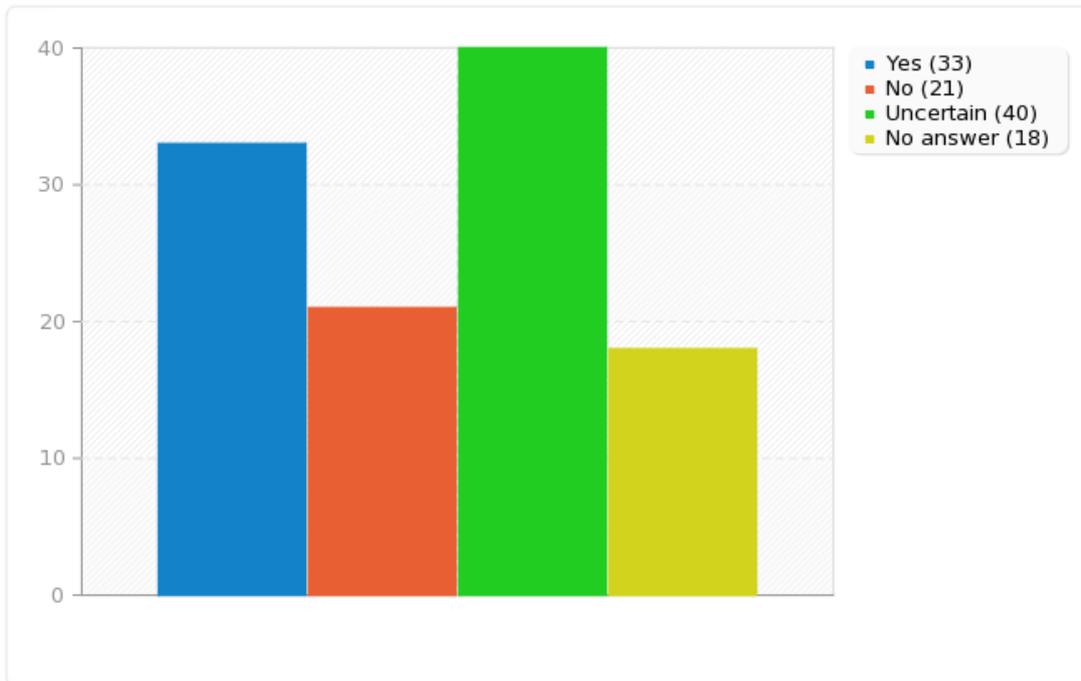
Field summary for Q005(SQ004)

Regarding adding variety to Club programs, indicate all that may apply [More coached training programs]

Answer	Count	Percentage
Yes (Y)	33	29.46%
No (N)	21	18.75%
Uncertain (U)	40	35.71%
No answer	18	16.07%

Field summary for Q005(SQ004)

Regarding adding variety to Club programs, indicate all that may apply [More coached training programs]



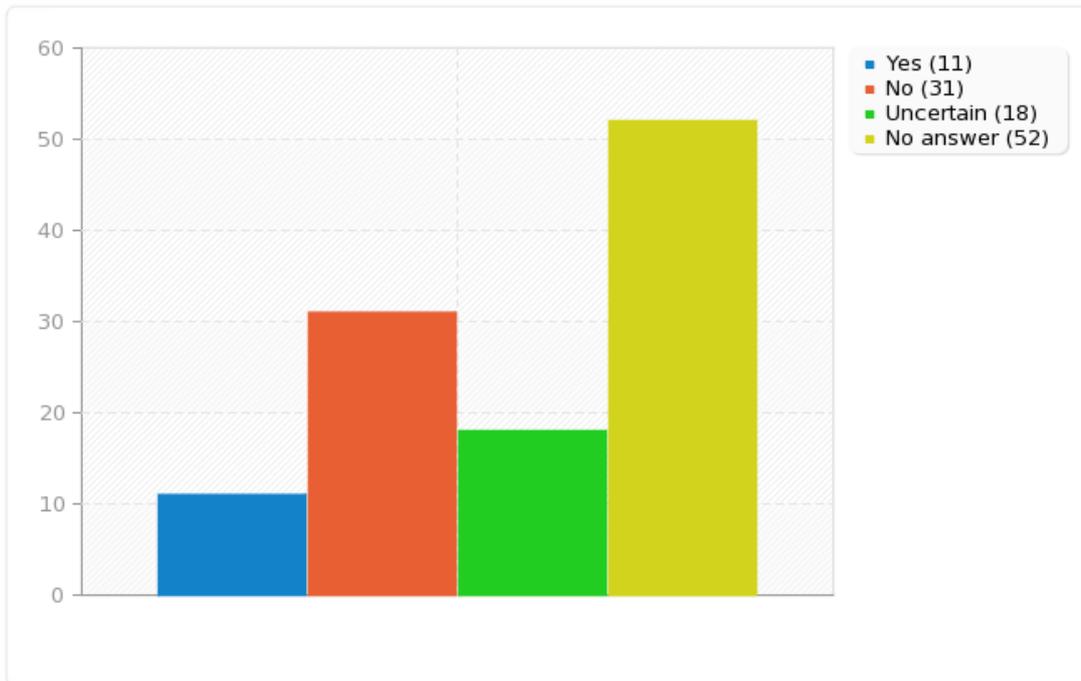
Field summary for Q005(SQ005)

Regarding adding variety to Club programs, indicate all that may apply [Don't change anything]

Answer	Count	Percentage
Yes (Y)	11	9.82%
No (N)	31	27.68%
Uncertain (U)	18	16.07%
No answer	52	46.43%

Field summary for Q005(SQ005)

Regarding adding variety to Club programs, indicate all that may apply [Don't change anything]



Field summary for Q006

Please provide any suggestions, changes, or comments on the previous questions that you would like the Board to consider.

Answer	Count	Percentage
Answer	35	31.25%
No answer	77	68.75%

ID	Response
9	The first question didn't really let you pick more than one activity. I walk and run/walk. I have been a member for 2 years, and I joined because I liked what you offered, so I'm not the best person to offer new ideas...still getting used to the existing ones. I've joined more programs and activities over time and really love the welcoming nature of the organization as a whole, but I LOVE the Women's Training Program. I've also really enjoyed the 10 weeks to 10K training program, which I've done twice. Both of these programs are successful because of the people running them. The women's 5K race is unique, I believe, to this area, and has been a great way to get women to try something they didn't think possible (WTP, too, of course). All of these activities have yielded new members (like me) over time. Keep up the good work!
16	For some of us who work in DC, it's difficult to make it to the 6:30pm weekday runs/training programs. Would participate more if these activities started a little later.
22	I would love if we had strength training for runners options available. I am struggling with finding something affordable and convenient for this. I think the board is doing an EXCELLENT job!
26	Discorde cliques.
34	Women's training, ITP, 10W to 10 are all in summer one after another. It would be very nice if there is a training program during the winter time.
41	Overall, I really really appreciate all the work that RR does. Reston Runners is great! I would recommend doing more on social media (facebook, Twitter, instagram). The potluck breakfasts are nice.
45	You can only check one item in response to the 1st question above. I would put both running and ultra/trail running if I was able to.
71	PS - in survey design, I get really irritated when if forces me to complete questions I prefer to skip. This is a path to getting bad data as opposed to simply incomplete data (or alternatively, no data. Just sayin' The RR web site is clunky and antiquated. It doesn't scale very well to mobile devices. Several runs don't have the associated maps (this seems to change from week to week). Updating, optimizing for mobile, and simplifying the web site should be a club priority. The weekly email could be made more concise by dropping some of the information that rarely changes (leave that on the web site), and removing the redundant day/dates (every email and email app exposes the date; you don't need to tell me in the body of an email that it's Thursday, May 24).
74	I love reston runners! I come mainly to the weekday evening runs but I think all the programs the group facilitates is amazing! More social events would be awesome! I'd definitely attend!
75	- Include more trainings, like a marathon training. Example: http://www.dcroadrunners.org/training/marathon.html - More official runs during the week. Like mornings runs or track runs. - Include a list of races for the year so people know which ones more of the RR are going and they can sign up too. It could be creating the events on Facebook so runners know which are the races to target for the year. Example: https://www.dcroadrunners.org/races . To sum up: RR race schedule. - More pictures of the event's club in Social media. - A new website. - More social events, like after hours. - We need more young people.
79	First question wouldn't allow multiple selections -- should be run, walk, and trail run (all except run-walk).
86	Would really appreciate if RR could add a winter training program or training for half

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	marathon.
88	I like the morning runs but sometimes it's hard for me to get up and there by 5 AM. I'm an experienced runner so not necessarily interested in coaching for myself but I think it's great that you all have a youth running program since that is how I got my start in running.
89	Maybe happy hours? Group ticket events? That might be nice.
91	The more coached component could be as simple as including pacers, led exercises before and after runs, run today with someone you don't know,
93	Aging membership creates a challenge to attract new members. Re: social activities, I am more interested in get togethers, happy hours, etc than in hikes and day long activities due to limited time. 7 am starting time, though sometimes better in summer makes it difficult for me to participate in some runs. This is especially true on weekdays. The majority of those running weekdays are increasingly retired people who don't need such an early start to get to a job. I'd suggest they begin at 8 am.
104	Overall, RR does a great job of encouraging fitness complemented by social activities. The board presents a great face to members-openness, encouragement, respect, amiability, non confrontation, nonjudgmental, etc. The course catalog is a bit of an embarrassment, chock a block with errors, such as wrong links and maps not matching the directions. While there is an ongoing week by week effort to correct these, it could be discouraging to prospective runners/walkers who see those errors and decide not to attend events because it looks like RR does not have its act together.
105	Keep up the great work !!
107	Thanks board for your time and dedication. :-)
109	My feeling is that anything Reston Runners-branded should have these considerations: 1. Is it something RR wants to be officially associated with? (e.g. our brand matters) 2. Taking all expenses into consideration, will it make money for the club (or the foundation) and how much? 3. Is there club support behind it? (enough volunteer coaches who are also members or willing to become members, for example, and also willing and able to put together a RR-worthy training program.) 4. How does it translate as far as converting participants into paid club memberships? (not as important as the others, but it still counts). Thanks for surveying the membership!
122	Suggest develop more Saturday/Sunday run courses that begin and end at Reston Town Center so that people will stay for coffee etc. after the run. The reason people belong to the club and come to the runs is to socialize with other runners. Starting and ending runs in lonely, isolated places like the Reston South parking lot or the Autumnwood Pool diminishes the post-run social aspect.
128	The club has plenty of activities; arguably too many since all activities require volunteers. And volunteers are over-worked
139	I would like the board to make the elections more transparent. I know we don't want to hurt people's feelings but just announcing the winners seems very Bolshevik.
148	Add more run/walks outside of Reston. Also more non-running activities such as hikes
150	Love to have more weekend hikes for everyone. Also during the week occasionally would be good too.
156	The Club is great! Thank you for your fantastic work! It's very appreciated.
166	I think focusing on the coached training programs already in place is the right idea. The volunteer base would fatigue if the Club tries to introduce more programs. I would like to see better marketing efforts to attract participants to the WTP and Seize the Day Race- at least to the the levels they once enjoyed.
172	Update the website - the reboot did not help on usability. Many course links are broken and photos are stale. Need to do quarterly activities with other local running groups - PRR, harrier groups to attract younger membership. Need new runs courses.
174	More social events would be great, but with my family's schedule, I don't know how many I'd actually be able to attend. That's why I checked "don't change anything" as well as "yes" for more of the events. Either way is fine with me.
193	Suggest offering some runs in Chantilly/Fair Lakes - there is no similar club there.
195	I love Reston Runners! My main concern is that the club needs to keep reaching out to young members and engage them in every way possible, including leadership positions. I love the

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longtime members, but we need to keep getting new blood so we don't stagnate.

Mostly, keep up the great work! This group enriches my life so much.

267 Fabulous club! We need to increase younger members and offer more hiking activities.

271 Partnerships or cooperation with local breweries for hash runs or post run happy hours.

276 Keep up the good work.

285 Johns list already promotes quasi outside events, including Tuesday movie nights at Bow tie, but not everyone gets that info.