



2014 International Survey of Run Commuters

Atlanta, GA, USA

info@theruncommuter.com
theruncommuter.com

Table of Contents

I.	Executive Summary.....	2
II.	Methodology.....	2
III.	Demographics	2
IV.	The Survey	5
V.	Survey Results.....	5

Executive Summary

Survey participants were asked a variety of questions in order to find out more about the current state of run commuting around the world.

Items on the survey were mainly worded as direct questions, and included the following topics:

- Personal Run Commuting Information
- Standard and Ideal Length of Run Commute
- Types of Gear Used
- Office Environment and Cleanup
- General Comments
- Demographics

Note: The complete survey questionnaire is included later in this document for reference.

Methodology

The survey was developed using Google Forms and questions were created using input from run commuters and runners.

The survey ran for the month of September 2014, and was hosted on theruncommuter.com. It was promoted through the website, as well as social media, including Twitter and Facebook. Everyone who received the notification was asked to share the survey with their friends, running groups, and other interested parties.

The survey administrator reviewed returned surveys for missing information and responses that may require clarification. After the survey period ended, the responses were imported into Microsoft Excel and errors were checked against the individual forms. Data analysis was completed using Excel and Google Forms.

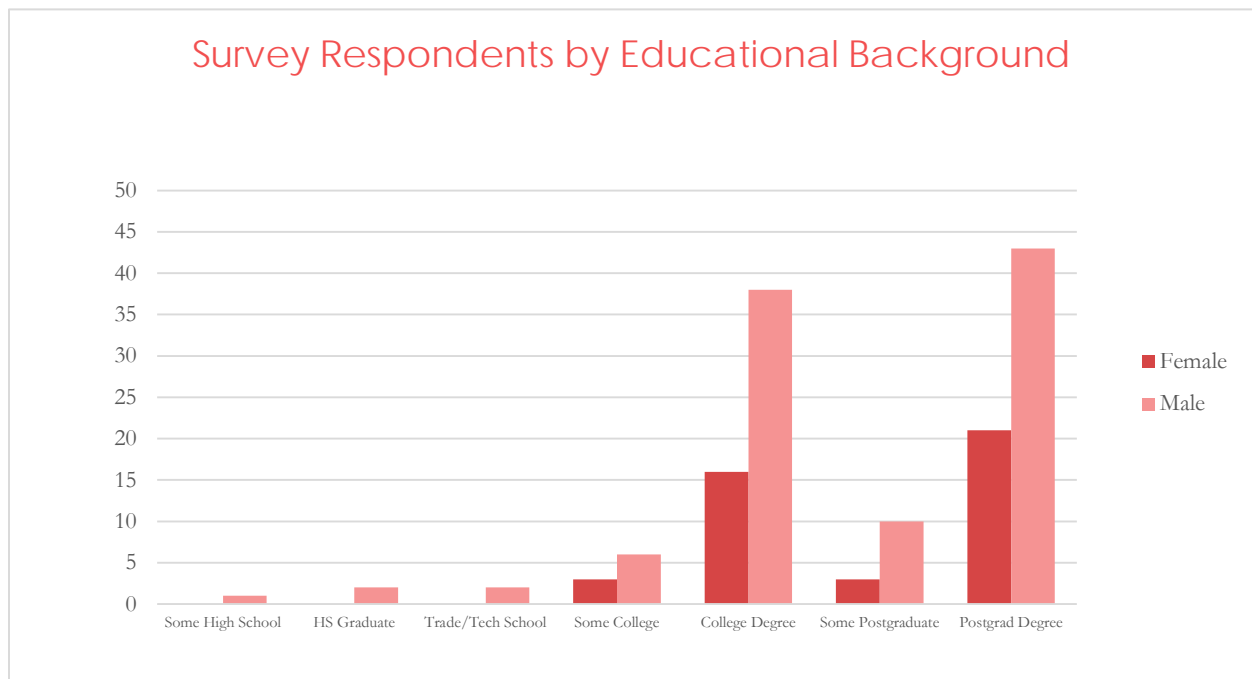
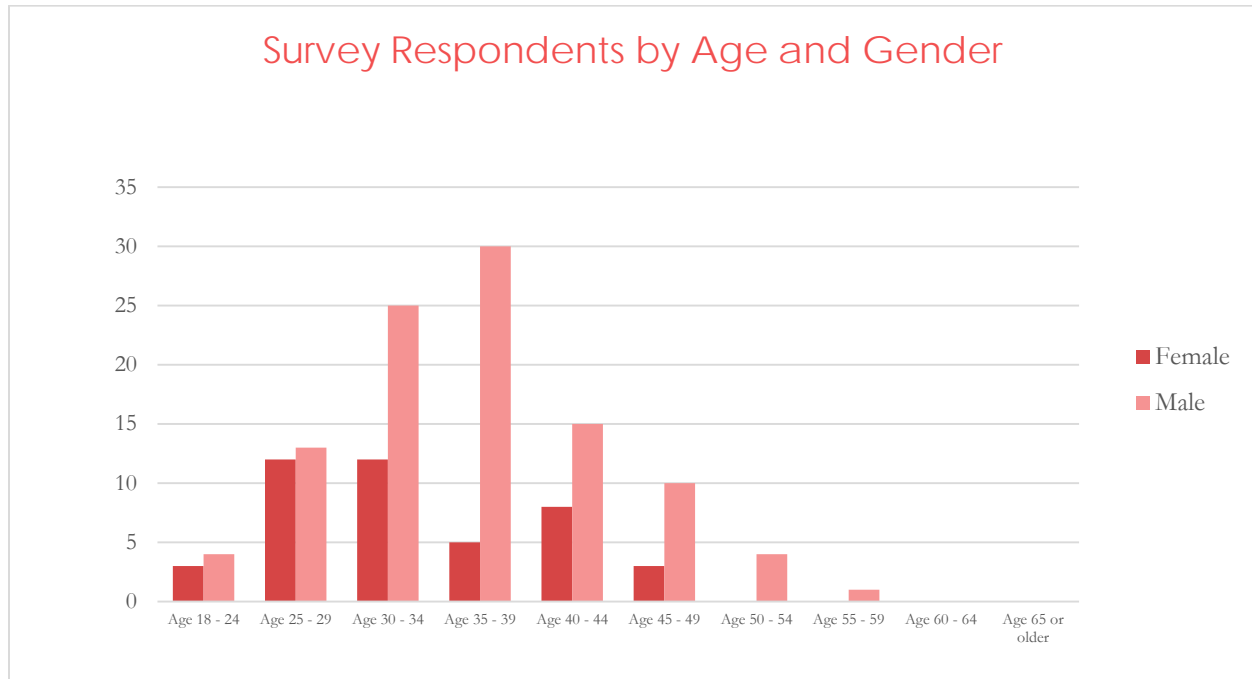
Demographics

Survey responses are broken out by several demographic categories, as follows:

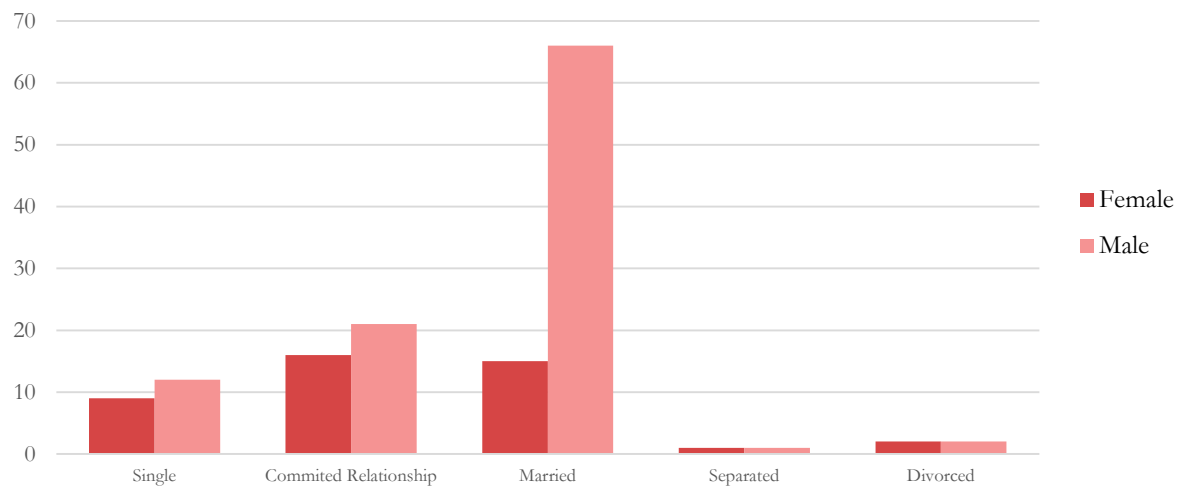
The percentage of respondents are broken out by:

- Age of the Respondent, in the following categories
 - Age 18 - 24
 - Age 25 - 29
 - Age 30 - 34
 - Age 35 - 39
 - Age 40 - 44
 - Age 45 - 49
 - Age 50 - 54
 - Age 55 - 59
 - Age 60 - 64

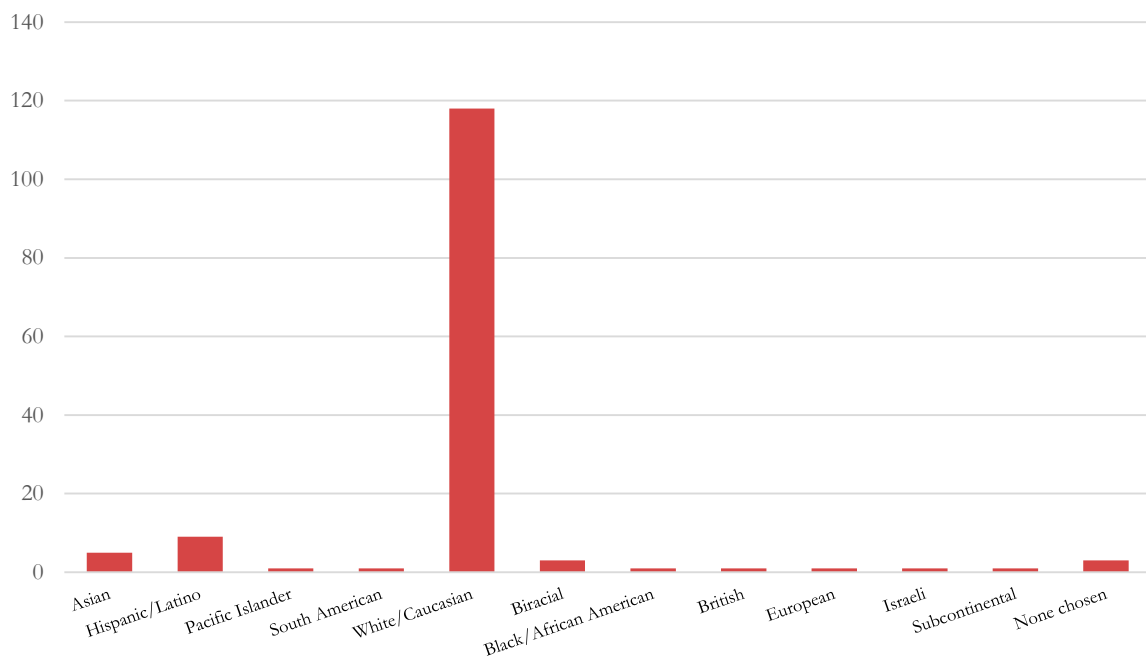
- Age 65 or older
- Gender
- Education level
- Marital Status
- Ethnicity



Survey Respondents by Marital Status



Survey Respondents by Ethnicity



The Survey

International Survey of Run Commuters

Thank you for taking part in the first international survey of run commuters!

The information you provide will be used to gain a better understanding of the state of run commuting around the world. The survey results will be analyzed and published on TheRunCommuter.com in late-October.

Basic Information

Contact/Locational Information

- ☐ Name
- ☐ Email Address
- ☐ Location

What is your status as a run commuter?

- ☐ Current run commuter
- ☐ Former run commuter
- ☐ Neither, but considering run commuting

How long have you been a run commuter?

- ☐ Less than 1 year
- ☐ 1 – 2 years
- ☐ 2 – 4 years
- ☐ 4 – 6 years
- ☐ 6 – 8 years
- ☐ 8 – 10 years
- ☐ More than 10 years

During which seasons do you run commuter?

- ☐ Winter
- ☐ Spring
- ☐ Summer
- ☐ Fall

Do you run commute with anyone else?

- ☐ No, just me
- ☐ Yes, one other runner
- ☐ Yes, with a group of runners

About Your Run Commute

In the average week, how many days do you run commute at least one way?

- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

Which way do you run commute?

- ☐ I run to work
- ☐ I run home from work
- ☐ I run to and from work in the same day
- ☐ I run home one day, then to work the next, using a different mode of transportation when not running

Do you combine run commuting with other forms of transportation? If so, which one(s)?

- ☐ Train
- ☐ Bus
- ☐ Bicycle
- ☐ Personal Automobile
- ☐ Carpool
- ☐ Walking

Preferred Measurement System

Do you prefer miles (Imperial) or kilometers (Metric)?

- ☐ Miles, feet, inches (Imperial)
- ☐ Kilometers, meters, centimeters (Metric)

Distance Questions – US (Imperial) or International (Metric)

How far do you live from work?

- ☐ Less than 1 mile (less than 1.6 km)
- ☐ 1 – 3 miles (1.6 km – 4.8 km)
- ☐ 3 – 5 miles (4.8 km – 8.0 km)
- ☐ 5 – 7 miles (8.0 – 11.3 km)
- ☐ 7 – 9 miles (11.3 – 14.5 km)
- ☐ 9 – 11 miles (14.5 – 17.7 km)
- ☐ 11 – 13 miles (17.7 – 21.0 km)
- ☐ 13 – 15 miles (21.0 – 24.1 km)
- ☐ Greater than 15 miles (greater than 24.1 km)

How far is your ideal run commute?

- ☐ Less than 1 mile (less than 1.6 km)
- ☐ 1 – 3 miles (1.6 km – 4.8 km)
- ☐ 3 – 5 miles (4.8 km – 8.0 km)

- 5 – 7 miles (8.0 – 11.3 km)
- 7 – 9 miles (11.3 – 14.5 km)
- 9 – 11 miles (14.5 – 17.7 km)
- 11 – 13 miles (17.7 – 21.0 km)
- 13 – 15 miles (21.0 – 24.1 km)
- Greater than 15 miles (greater than 24.1 km)

Run Commuting Gear

Which types of gear do you use now, or have you used in the past, for run commuting?

- Backpack
- Handheld Water Bottle
- Hydration Bladder
- Blinking Lights
- Headlamp
- Headphones
- Raincover for your backpack
- Fitness/GPS watch
- Other (fill in the blank)

If you run to work, what do you normally carry with you?

- Minimum Items Only (Keys, ID, Phone, etc.)
- Backpack
- Handheld Water Bottle
- Hydration Bladder
- Laptop
- Hygiene Items (Baby wipes, deodorant, etc.)
- Blinking Lights
- Headlamp
- Headphones
- Lunch
- Work Clothes
- Spare Running Clothes
- Shoes
- Raincover, Backpack
- Fitness/GPS Watch
- Other (fill in the blank)

At the Office

Which of these items do you keep now, or have you kept in the past, at your office due to the fact that you run commute?

- Dress Shoes
- Extra Work Clothing (Pants, shirt, underwear, socks)
- Suit
- Belt
- Hygiene Items (Baby wipes, deodorant, etc.)
- Snacks
- Recovery/Hydration Drink
- Additional Running Shoes
- Additional Running Clothes
- None
- Other (fill in the blank)

Does your office, or the building you work in, have a shower?

- ☐ Yes
- ☐ No

Is there a nearby facility, like a gym or fitness club, that you could use to shower?

- ☐ Yes
- ☐ No

Does the lack of a shower keep you from running to work?

- ☐ Yes
- ☐ Yes, but only occasionally
- ☐ No

If you run to work, what do you do with your wet running clothes?

- ☐ Hang them to dry
- ☐ Put them in a bag
- ☐ Other (fill in the blank)

If you run both to and from work in the same day, do you reuse your morning clothes?

- ☐ Yes, they are dry by the time I'm ready to run home
- ☐ Yes, they're going to get wet again anyway
- ☐ No, I use two sets of running clothes; one set for the morning run and one for the afternoon
- ☐ Other (fill in the blank)

What was/is the most common response from people when they find out you run to/from work?

- ☐ Wow! That's awesome!
- ☐ Wow! That's crazy!
- ☐ You're crazy!
- ☐ I could NEVER do that!
- ☐ I wish I could that, but...
- ☐ Other (fill in the blank)

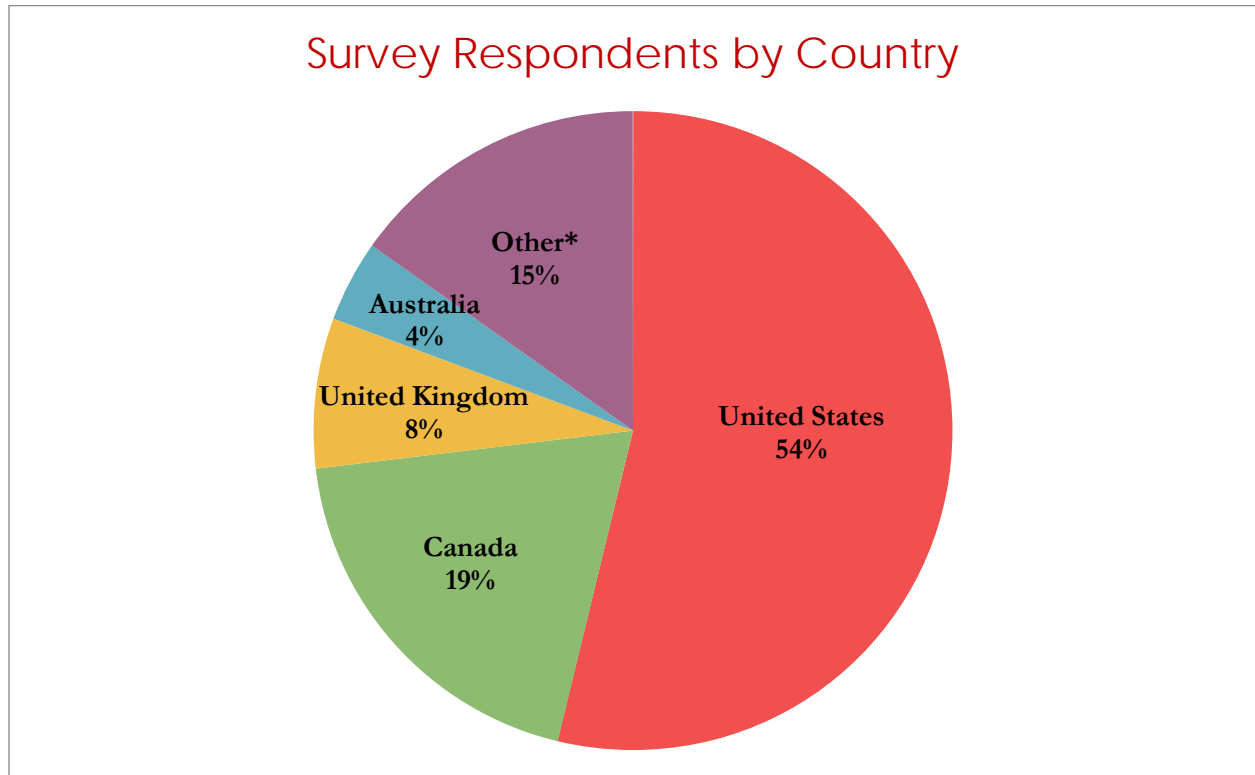
Anything else you want to say about run commuting?

What do you love/hate most about run commuting?

Do you run to get other places besides work (gym, library, etc.)?

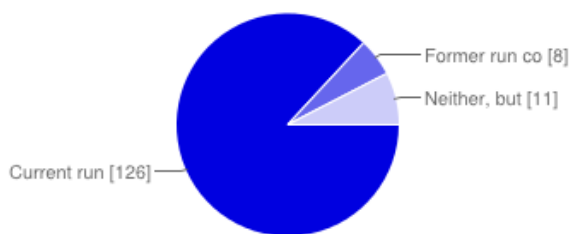
Survey Results

We've summarized the findings from the survey in this section. If you'd like the raw data (minus personal information), we will make it available to the public on TheRunCommuter.com.



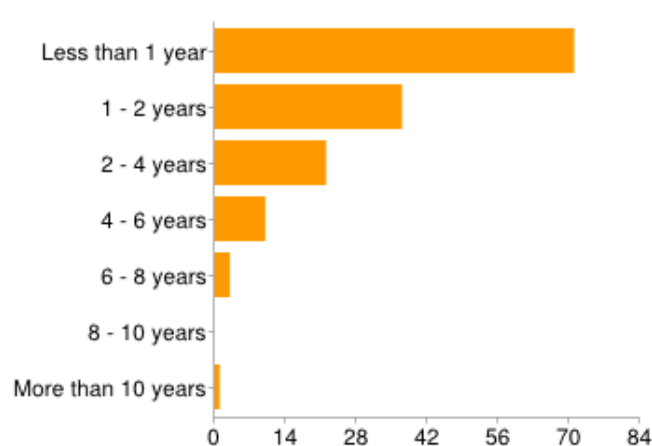
*Other countries include Belgium, Brazil, Denmark, France, Germany, Ireland, Israel, Italy, Latvia, Luxemburg, Malaysia, Mexico, New Zealand, Russia, Switzerland, Taiwan, Thailand, and The Netherlands.

What is your status as a run commuter?



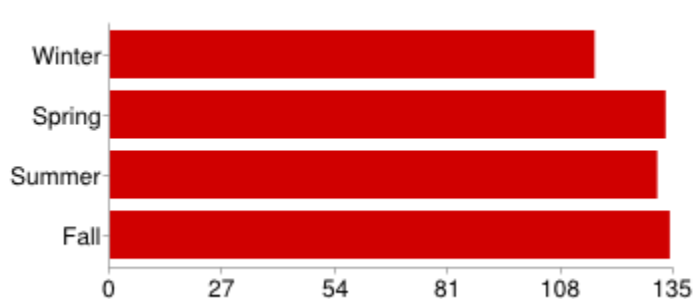
Current run commuter	126	87%
Former run commuter	8	6%
Neither, but considering run commuting	11	8%

How long have you been a run commuter?



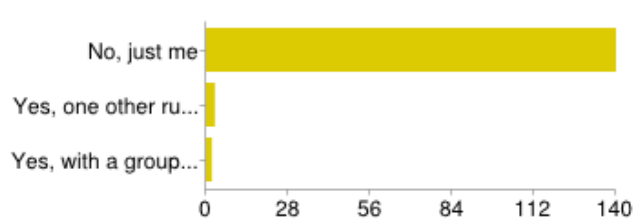
Less than 1 year	71	49%
1 - 2 years	37	26%
2 - 4 years	22	15%
4 - 6 years	10	7%
6 - 8 years	3	2%
8 - 10 years	0	0%
More than 10 years	1	1%

During which seasons do you run commute?



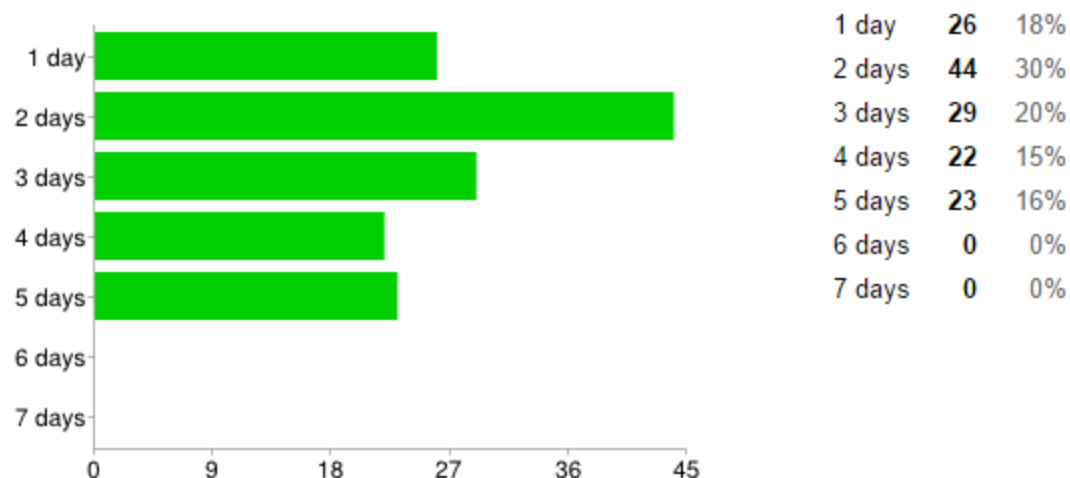
Winter	116	80%
Spring	133	92%
Summer	131	90%
Fall	134	92%

Do you run commute with anyone else?

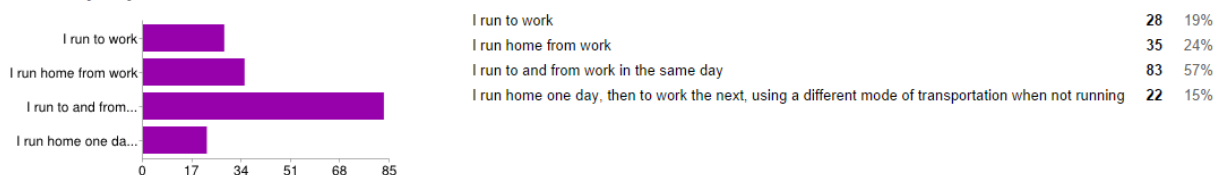


No, just me	140	97%
Yes, one other runner	3	2%
Yes, with a group of runners	2	1%

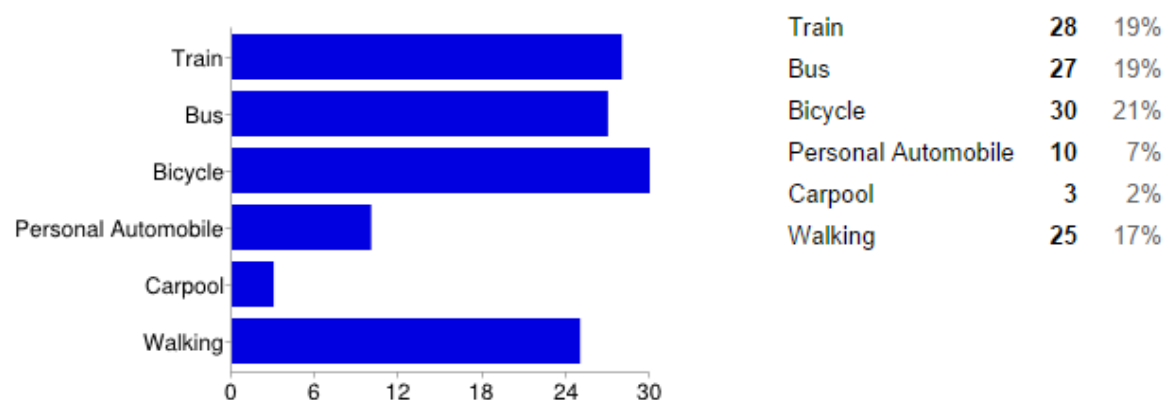
In the average week, how many days do you run commute at least one way?



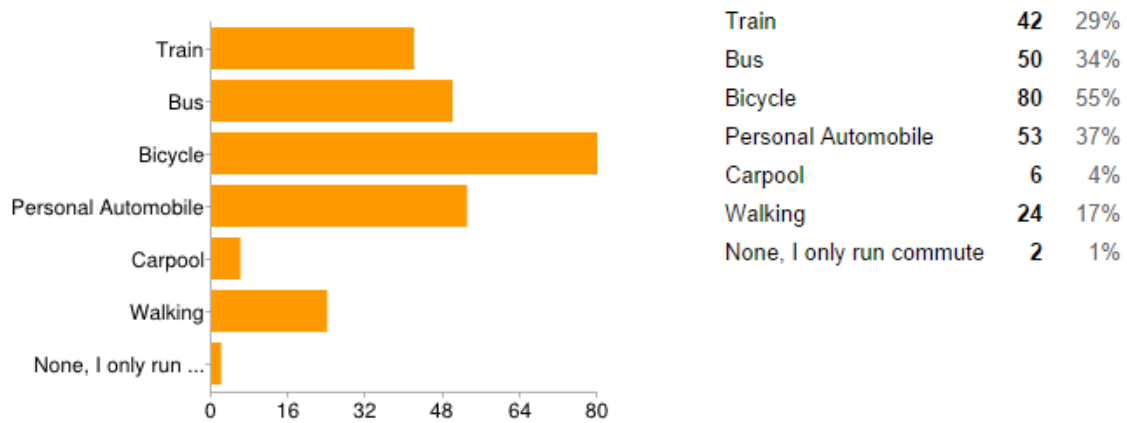
Which way do you run commute?



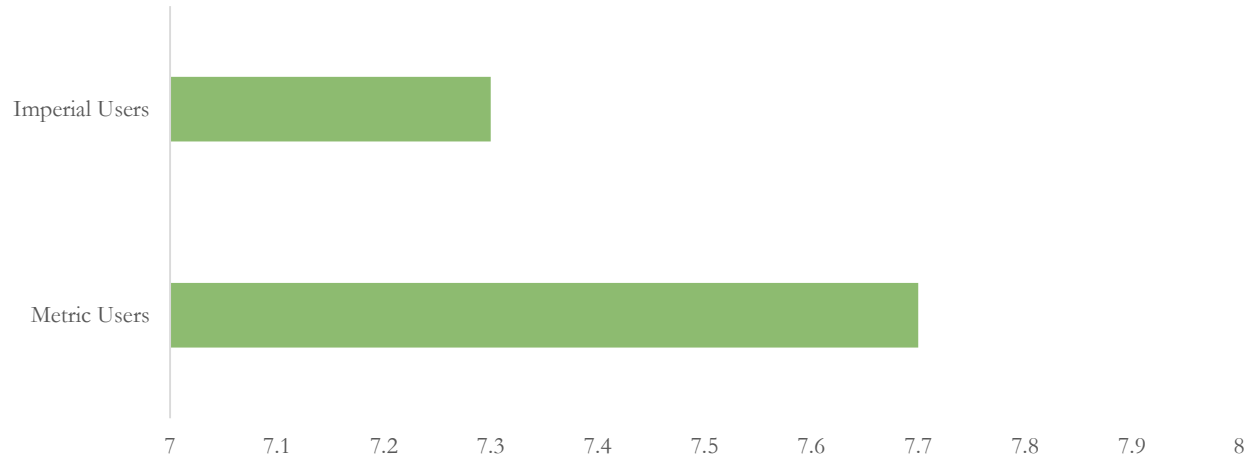
Do you combine run commuting with other forms of transportation? If so, which one(s)?



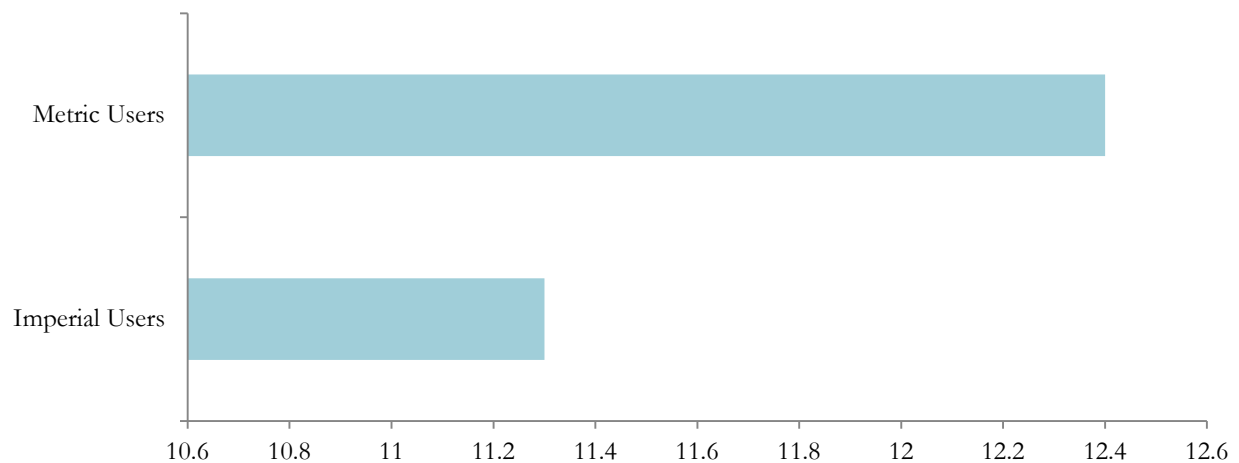
When not run commuting, which form(s) of transportation do you use to get to and from work?



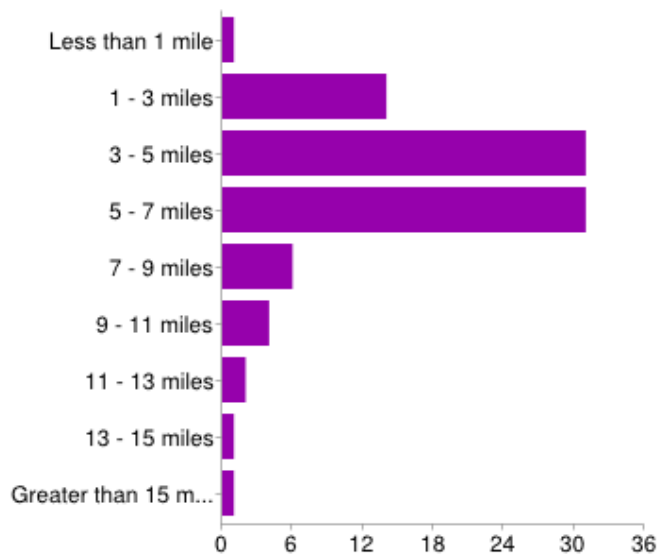
Distance to Work (Miles)



Distance to Work (Kilometers)

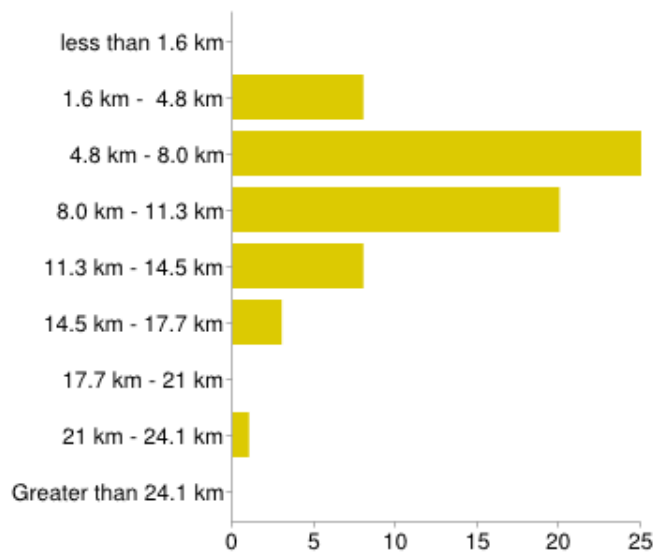


How far is your current one-way run commute?



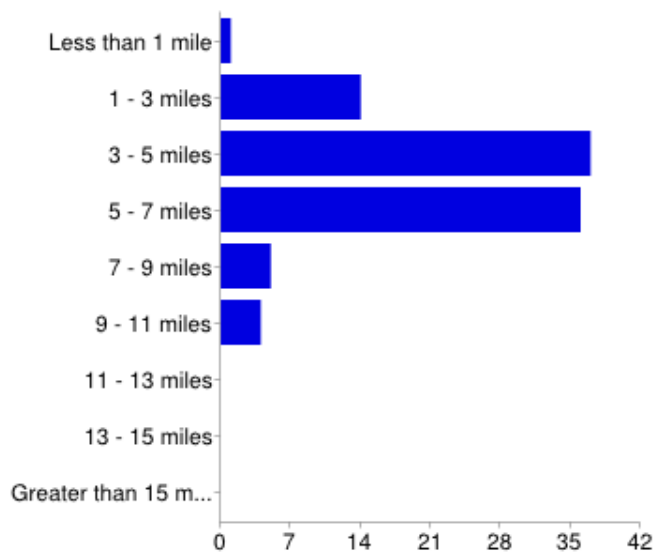
Less than 1 mile	1	1%
1 - 3 miles	14	10%
3 - 5 miles	31	21%
5 - 7 miles	31	21%
7 - 9 miles	6	4%
9 - 11 miles	4	3%
11 - 13 miles	2	1%
13 - 15 miles	1	1%
Greater than 15 miles	1	1%

How far is your current one-way run commute?



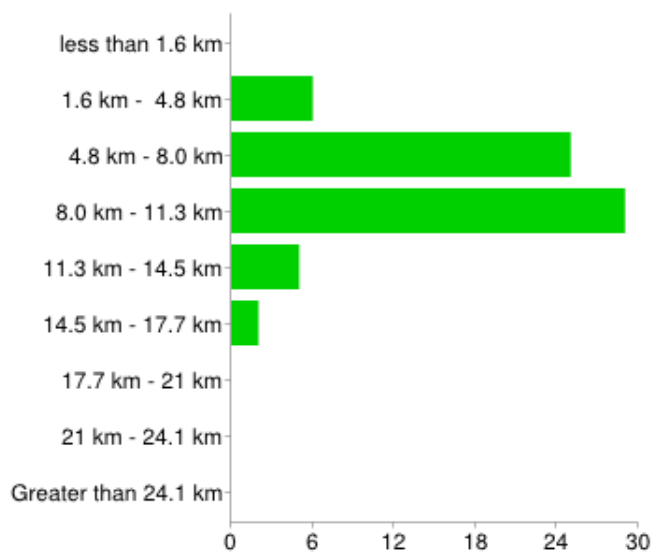
less than 1.6 km	0	0%
1.6 km - 4.8 km	8	6%
4.8 km - 8.0 km	25	17%
8.0 km - 11.3 km	20	14%
11.3 km - 14.5 km	8	6%
14.5 km - 17.7 km	3	2%
17.7 km - 21 km	0	0%
21 km - 24.1 km	1	1%
Greater than 24.1 km	0	0%

How far is your IDEAL one-way run commute?



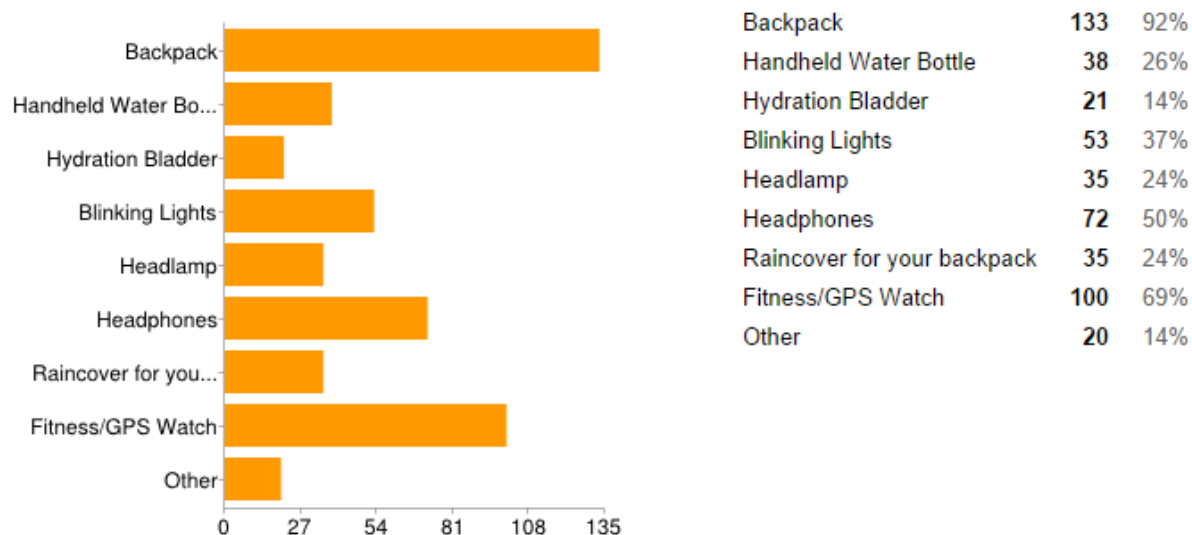
Less than 1 mile	1	1%
1 - 3 miles	14	10%
3 - 5 miles	37	26%
5 - 7 miles	36	25%
7 - 9 miles	5	3%
9 - 11 miles	4	3%
11 - 13 miles	0	0%
13 - 15 miles	0	0%
Greater than 15 miles	0	0%

How far is your IDEAL one-way run commute?

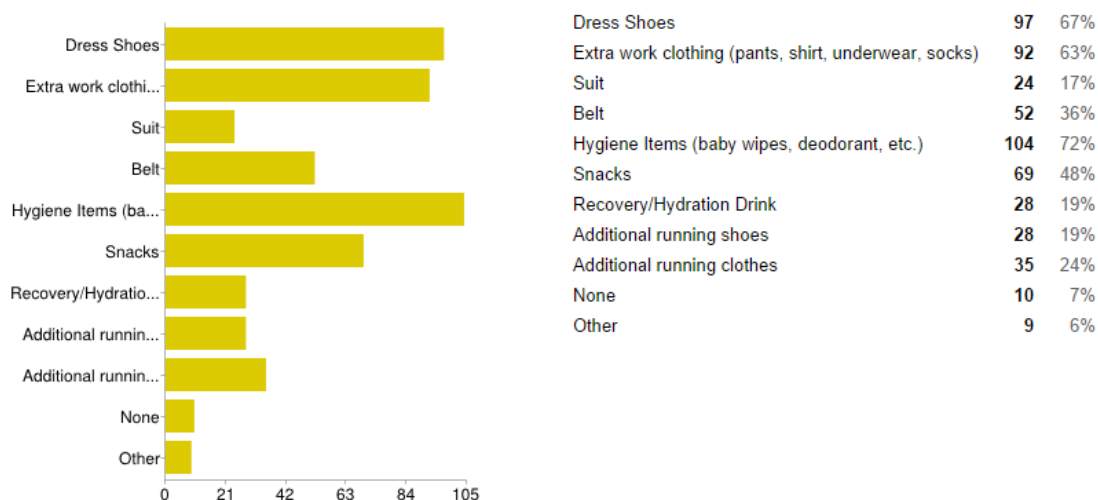


less than 1.6 km	0	0%
1.6 km - 4.8 km	6	4%
4.8 km - 8.0 km	25	17%
8.0 km - 11.3 km	29	20%
11.3 km - 14.5 km	5	3%
14.5 km - 17.7 km	2	1%
17.7 km - 21 km	0	0%
21 km - 24.1 km	0	0%
Greater than 24.1 km	0	0%

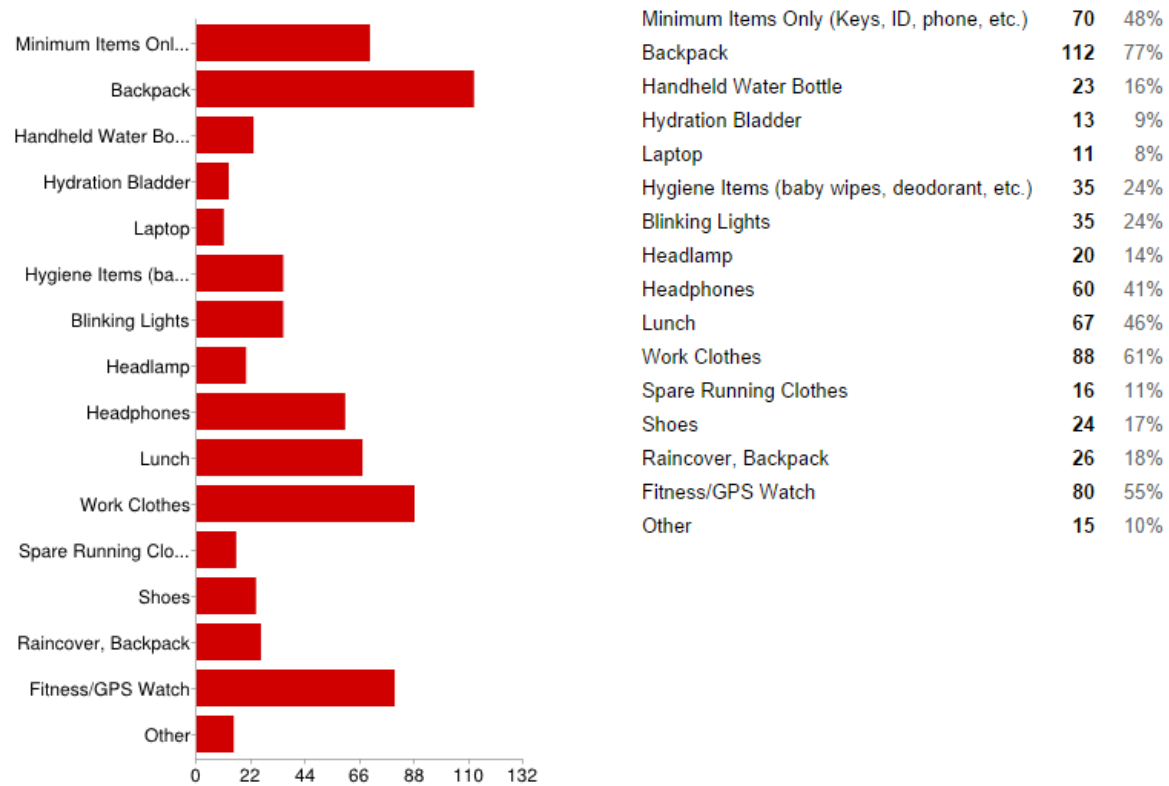
Which type of gear do you use now, or have you used in the past, for run commuting?



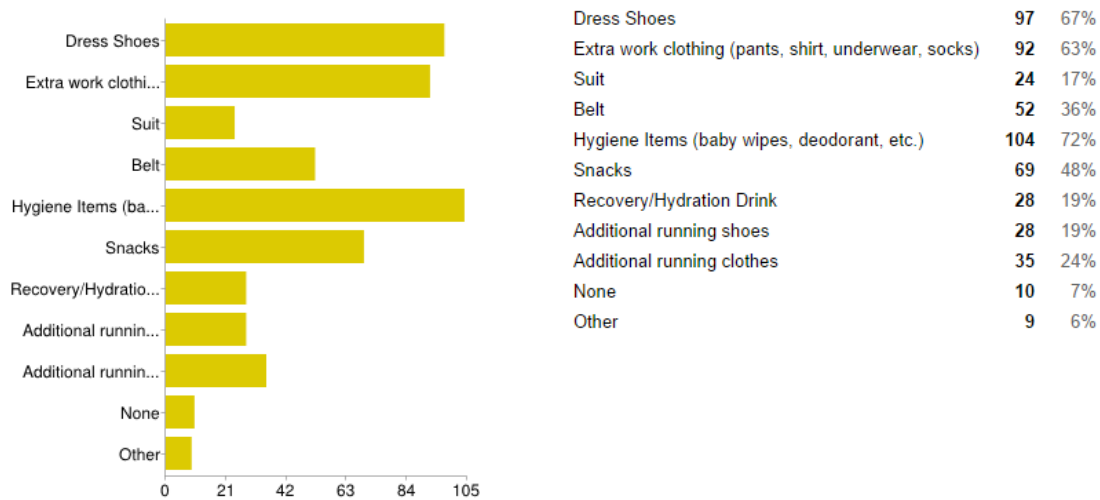
Which of these items do you keep now, or have you kept in the past, at your office due to the fact that you run commute?



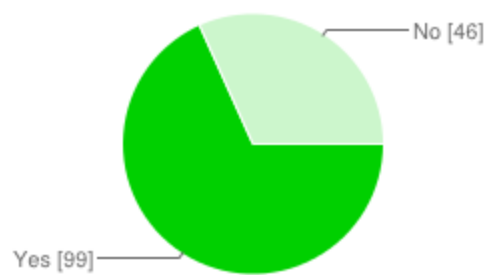
If you run to work, what do you normally carry with you?



Which of these items do you keep now, or have you kept in the past, at your office due to the fact that you run commute?

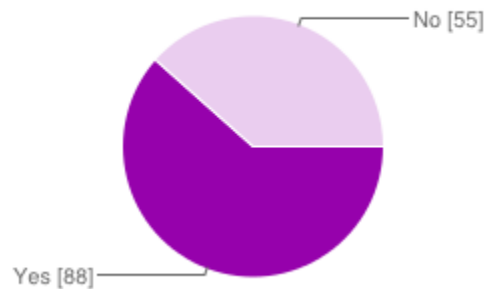


Does your office or the building you work in have showers?



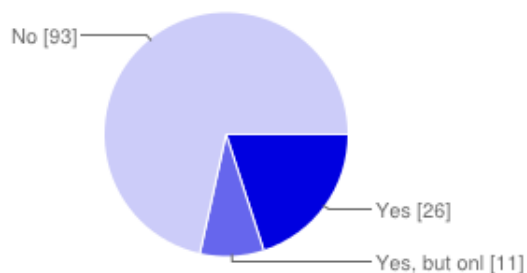
Yes	99	68%
No	46	32%

Is there a facility nearby that you could use to shower, like a gym or fitness club?



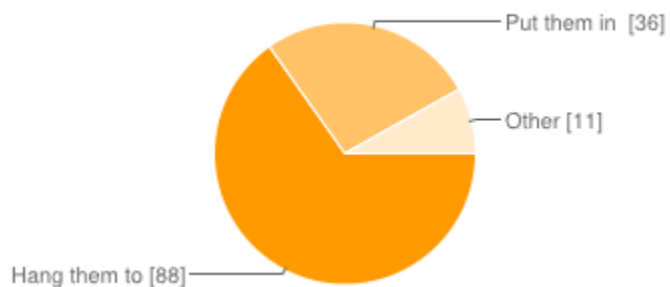
Yes	88	61%
No	55	38%

Does lack of a shower keep you from running to work?



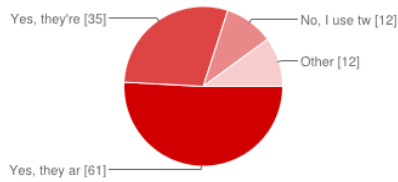
Yes	26	18%
Yes, but only occasionally	11	8%
No	93	64%

If you run to work, what do you do with your wet running clothes?



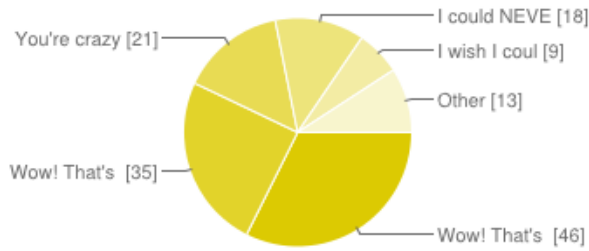
Hang them to dry	88	61%
Put them in a bag	36	25%
Other	11	8%

If you run both to and from work in the same day, do you reuse your morning running clothes?



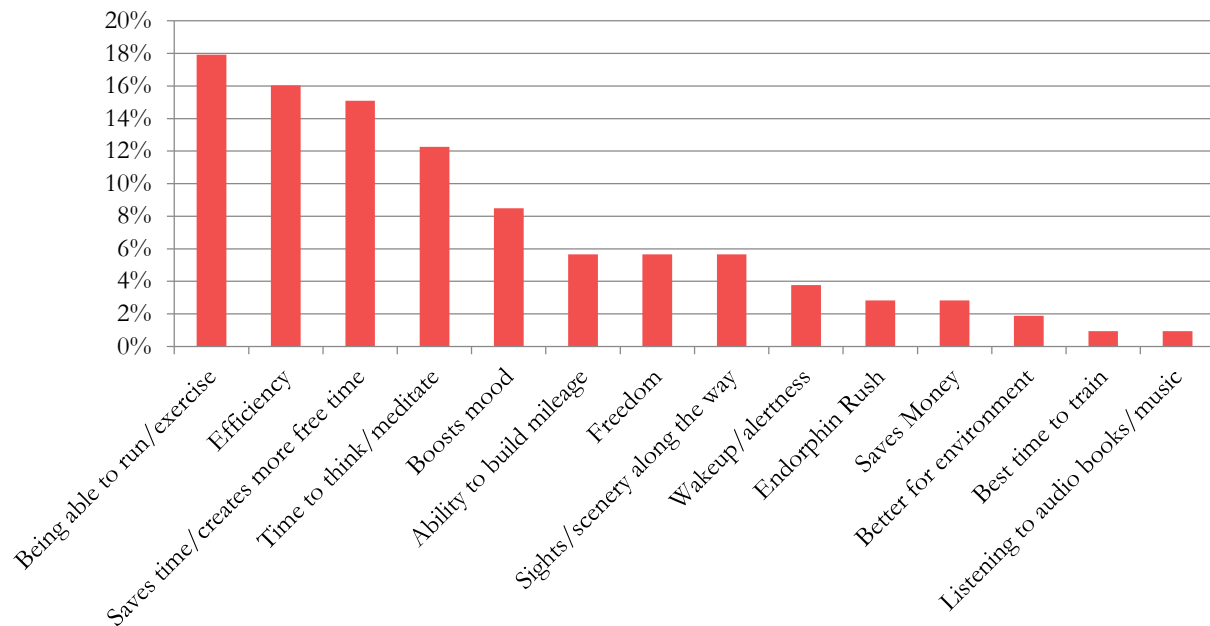
Yes, they are dry by the time I'm ready to run home	61	42%
Yes, they're going to get wet again anyway	35	24%
No, I use two sets of running clothing: one set for the morning run and one for afternoon	12	8%
Other	12	8%

What was/is the most common response from people when they find out you run to/from work?

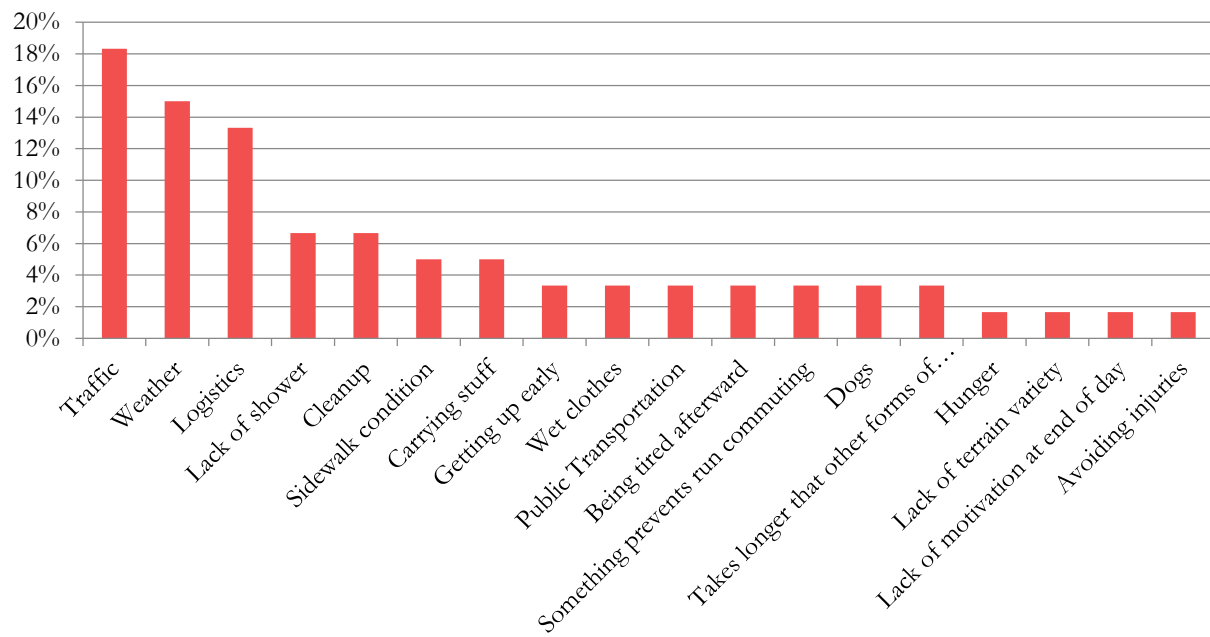


Wow! That's awesome!	46	32%
Wow! That's crazy!	35	24%
You're crazy!	21	14%
I could NEVER do that!	18	12%
I wish I could do that, but...	9	6%
Other	13	9%

What do you love about run commuting?



What do you hate about run commuting?



Do you use running as a form of transportation for anything else?

