



Green County Cooperative Extension RUNNING/WALKING CLUB SURVEY

Please take a few minutes and let us know what your interests are. Once we tally the results, we will announce a date for the first group run and meeting at the end of May! Thank you for taking time to complete this survey and **RUN ON!!**

1. What is your running or walking experience & estimated miles per week?

Beginner Walker
Intermediate Runner

Beginner Runner
Advanced Runner

Experienced Walker

2. What are your goals?

Weight Loss/Weight Maintenance
Training for competition (5k, 10k, Marathon, etc)
Other:

Improving times/fitness level
Family Activity

Social Motivation
Running for charitable causes

3. Are you interested in participating in weekly group runs or walks? Yes No

4. Are you interested in family runs or walks? Yes No

5. Are you interested in educational classes or programs? Yes No

6. If you answered "yes" to #5, what topics are you interested in learning more about? (Check all that apply)

Selecting a pair of running shoes Stretching Training plans for fitness or competition Running/Walking
Safety Nutrition Benefits of walking & running
Injury prevention or treatment Running/Walking in cold weather

7. If you are interested in group runs or walks, what days/times would be best for you?

Saturday	Early AM	Mid-Morning	
Sunday	Early AM	Mid-Morning	Evening
Monday	Early AM	Afternoon	Evening
Tuesday	Early AM	Afternoon	Evening
Wednesday	Early AM	Afternoon	Evening
Thursday	Early AM	Afternoon	Evening
Friday	Early AM	Afternoon	Evening

8. If you are interested in group runs or walks, would you be interested in leading a group?

Area of walk/run? i.e. park, Summersville, Exie, etc.

Location:

GENERAL INFORMATION: Male or Female

Age:

May we contact you regarding a walking/running club? Yes No

If yes, please list the following information:

Name:

Phone:

Address:

Email:

IF YOU HAVE ANY QUESTIONS, SUGGESTIONS OR COMMENTS, PLEASE INCLUDE THEM ON THE BACK

Please return forms to the Green County Cooperative Extension Office



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