



2014-15 PARR END OF SEASON SURVEY

Please take a moment to complete the following survey questions and provide honest feedback. Your opinion is important to us and we can only make improvements if we know what worked and what didn't. Please be honest with your feedback...we can't improve unless you tell us what to do differently. You may fill out the survey and bring with you to the End of Season Party on Saturday January 10th or you can email it back to us. ***If you bring the completely filled out survey (including additional comments) to the party you will entered in the prize drawings!***

1. Did you start the season training for the HALF or FULL Marathon? HALF or FULL
2. Is this your first Half or Full Marathon? YES or NO
3. Did you switch races during the season? YES or NO
If Yes, what did you switch to? HALF or FULL
4. Did you have injuries during the program? If so, what were they and were you able to get back to running or did you have to cut back?
5. What group did you run with (Color)? _____
6. Did this program successfully prepare you for your race and/or goal? YES or NO
7. Did you always have someone to run with on your Saturday run? YES or NO
8. Did you have someone or a group that you ran with during the week? YES or NO
9. Did you run at least 75% (approximately) of the scheduled runs during the week? YES or NO
If not, why? (too hot, not any one to run with, hard to get motivated by myself, etc)
10. Do you feel you received enough coaching? YES or NO
11. Was the coaching that you did receive adequate or meet your need? YES or NO
12. Did you receive enough individual support to help you along the way? YES or NO
13. Were the run routes easy to follow and safe? YES or NO
14. Was there always plenty of water etc along the routes? YES or NO
15. Do you believe the core work was sufficient and easily understood on what to do and why? YES or NO
16. If you purchased a shirt, did you like the shirt(s)? YES or NO
17. Would you prefer that the shirts be part of the overall program cost rather than separate? YES or NO
18. Was the cost of the program reasonable? YES or NO

19. Do you think we had enough social events? YES or NO
20. What type of social events would you like to see more of or what other events that you would like to see?
21. Did you like the option of bringing guests to the End of Season Party? YES or NO
22. Do you think kids should be included in the End of Season Party? YES or NO
23. What can the coaches do to improve the experience and help you even more?
24. What did you like best about the program?
25. What did you like least?
26. What can we do better?
27. What were some issues that you believe we need to address as a group, leaders, or coaching?
28. Did you take part in the off-season social runs leading up to the marathon-training season? YES or NO
29. Do you plan on returning next year? YES or NO
30. If you do not plan on returning to our group next year can you explain why?
- a. Not planning to do a half or a full marathon
 - b. Joining another group
 - c. Decided to train on my own
 - d. Other (Please explain)

And last but not least...

31. Would you recommend PARR to others? YES or NO

Why or Why not?

Please feel free to provide any additional comments –

Thank you so much for the time you took to fill out this survey!! Your feedback is greatly appreciated and will be used to improve the program. PARR is a group of individuals who work to help one another reach their goals in whatever capacity that may be – through relationships, achieving goals, pushing through challenges, etc. Because of YOU, someone in our group has achieved a goal they potentially never thought possible.