



2011 Marathon Clinic Survey

We hope you enjoyed the marathon training clinic and continue to run with the club on a regular basis. We would appreciate if you could take the time to complete the marathon clinic survey.

Did you attend the marathon clinic information evening? Yes / No

If so, did the information evening cover everything you wanted to know? Yes / No

Was there anything that could have been done better at the info evening, or other information that could have been provided?

Did you attend any of the following information talks:

Diet and Hydration tasting session Yes / No

Podiatrist / Foot Mechanics Yes / No

Shoe Expert – Dean Katipa from Stirling Sports Yes / No

Stretches from Go360 and Ant Croucher from The Physio Clinic Yes / No

Sheree from UnderStatement on bras, Phil on what to wear Yes / No

What talks did you find useful / not useful?

What other talks/specialists would you like to hear from?

How did you find the training booklet information?

How did you find the training program itself?

Did you follow the training program? If not, why not?

Did you enjoy the mix of off-road and road running?

Did you feel there should have been more road / off road running?

Were the organised road runs helpful (Ngakuru and 'round Lake Rotorua)?

Was there anything your pack leaders could have done better?

Would you attend the marathon clinic again?
If no, why not?

Yes / No

Do you intend to keep running with the Lake City club?
If no, why not?

Yes / No

Lake City has a Saturday winter cross-country program and pack runs on Sunday mornings and Tuesday/Thursdays evenings. Will you continue running on these days?

Yes / No

If so, what dates and times would suit you?

Tuesdays? Yes / No

Thursdays? Yes / No

Saturdays Yes / No

Sundays? Yes / No

Preferred time:

Preferred time:

(Cross Country already set at 2pm)

Preferred time:

Overall how did you find the running Marathon Clinic?

Name (optional):

Date: