



# RaceRunning: How does taking part affect your fitness and health?

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Dear Athlete or Parent/Carer

## **Why do you want me fill in this survey?**

I am an MSc Physiotherapy student and this survey is part of my dissertation research project looking at the effects of taking part in RaceRunning using your experience of the sport. This project has received approval from the QMU research ethics committee. The results of the survey will be reported in my dissertation. We hope that RaceRunning will be a Paralympic event one day and studies like this survey are important to help develop this.

You have been asked to complete this survey as you are a member of a RaceRunning club and over 5 years of age.

## **What if I don't want to do this?**

Deciding not to take part or withdrawing from the study will not affect your participation in RaceRunning.

## **What will happen with my answers to the survey?**

All the information we collect will be kept confidential and there are strict laws which safeguard your privacy. The survey is anonymous which means that you will not be able to be identified from the answers.

## **Can I fill out this form on behalf of my child?**

First hand experiences are probably best, so if you think they can do it, please give this survey to your child to fill in on their own. However, if they cannot do this, you can read

out the questions to your child and record his or her answers or you can complete the survey on their behalf.

### How long it will take and can I choose which questions I answer?

Completing the questionnaire should only take about 20 minutes. You are free to not to answer some questions, but the more information you give us, also by writing additional comments, the more you help us with this research. Please select the answers that apply to you/your child. If a question does not apply to you/your child please select "Not Applicable".

Thank you for helping with this research by filling out this survey.

#### 1. Where do you live?

- Scotland
- England
- Wales
- Other

#### 1.a. If you selected Other, please specify:

#### 2. Who is filling in the survey?

- Parent/Carer
- Athlete with help of Parent or Carer
- Athlete

3. How old are you ? (i.e. athlete)

4. Are you male or female (i.e. athlete)?

- Male
- Female

5. Which of the sentences below describes you best over a distance of 50 meters?

- I use a wheelchair, may stand for transfers, may do stepping supported by person/frame
- I use a walker without any support from other people
- I use crutches without any support from another person
- I use sticks (one or two) without help from another person
- I walk independently on level surfaces (but require a rail on stairs)
- I walk independently on all surfaces, I do not require assistance with curbs or in a crowd

6. How long have you been taking part in RaceRunning?

- under 3 months
- 3-12 months
- 1-2 years
- 2-5 years
- 5+ years

6.a. Comments:

7. How often do you attend your club for training?

- less than once a week
- once a week
- twice a week
- 3 times a week or more
- I do not attend club training sessions

7.a. Comments:

8. Do you take part in competitions? Please select all that apply.

- No
- Club competitions
- National competitions
- International competitions

8.a. Comments:

9. Do you use a Running bike for activities apart from training with your club and competitions? You can select more than one answer.

- Activities with your family and friends
- To get to school/college/work
- Going for walks
- PE in school
- Training on my own
- No, I only use the Running bike for training with my club
- Other

9.a. If you selected Other, please specify: \* *Required*

10. Do you get out of breath and/or feel warmer during your RaceRunning training sessions?

- No, never
- Sometimes
- Most of the time
- Yes, all of the time
- I don't know

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10.a. Comments:

11. Do your muscles feel sore after training?

- No, never
- Sometimes
- Most of the time
- Always
- They used to when I started RaceRunning but not anymore
- I don't know

11.a. Comments:

The following 6 questions are for those who have been taking part in regular RaceRunning sessions for more than 3 months. If you started less than 3 months ago, please go to question 18.

12. Compared to when I first started RaceRunning, doing the same speed, I now feel..

- a lot more out of breath
- a bit more out of breath

- about the same
- a bit less out of breath
- a bit less out of breath
- a lot less out of breath
- I don't know

12.a. Comments:

13. Compared to when I started RaceRunning, when getting in and out of my wheelchair/propelling my wheelchair/walking I now feel..

- a lot more out of breath
- a bit more out of breath
- about the same
- a bit less out of breath
- a lot less out of breath
- I don't know

13.a. Comments:

14. Compared to when I started RaceRunning, I feel that doing my (Physiotherapy)

exercises is now..

- a lot easier
- a bit easier
- about the same
- a bit more difficult
- a lot more difficult
- I don't know
- Not applicable

**14.a.** Comments: *Optional*

**15.** Compared to when I started RaceRunning, I feel my ability to walk or transfer is now..

- a lot better
- a bit better
- about the same
- a bit worse
- a lot worse
- I don't know
- Not applicable

**15.a.** Comments:



16. Compared to when I started RaceRunning, I now..

- can walk a lot longer and/or further
- can walk for a bit longer and/or further
- can walk for about the same time/distance
- can't walk as far and/or as long (small difference)
- can't walk as far an/or long (big difference)
- I don't know
- Not applicable

16.a. Comments:

17. Compared to when I started RaceRunning, my leg muscles now feel..

- a lot less tight
- a bit less tight
- about the same
- a bit tighter
- a lot tighter
- I don't know

17.a. Comments:

18. Have you had any injuries as a result of taking part in RaceRunning?

- No, never
- Yes, but it did not stop me from taking part in the next training session
- Yes, I was unable to take part in Racerunning for 2-4 weeks
- Yes, I was unable to take part in Racerunning for more than 4 weeks.
- I don't know

18.a. If you were injured for more than 4 weeks please add details regarding the injury (if known)

19. Do you feel tired the day after your training session?

- Yes, I feel very tired the next day
- Yes, I feel a bit tired the next day
- No, not really
- No, I feel a bit more energised the next day
- No, I feel a lot more energised the next day
- I feel more energised straight after the session but feel tired the next day
- I don't know

19.a. Comments *Optional*

20. Do you think taking part in RaceRunning affects how well you sleep at night?

- I sleep a lot better
- I sleep a bit better
- My sleep quality is about the same
- My sleep quality is a bit worse
- My sleep quality is a lot worse
- I don't know

20.a. Comments:

21. Do you think RaceRunning helps you to stretch your muscles?

- Yes, I think it helps a lot
- Yes, I think it may help a bit
- No, I don't think so
- No, probably not
- No, definitely not

I don't know

21.a. Comments:

22. Do you enjoy RaceRunning training?

- yes, always
- yes, most of the time
- sometimes
- not really
- I don't know

22.a. Comments:

23. Have you made more friends through RaceRunning ?

- Yes , I definitely
- Yes, probably
- No I don't think so
- No, definitely not
- I don't know

23.a. Comments

24. Do you think RaceRunning has made you more confident in what you can do?

- Yes, definitely
- Yes, probably
- No, I don't think so
- No, definitely not

24.a. Comments:

25. Do you have any other comments? For example, do you feel RaceRunning makes you feel better (or worse) in ways we have not asked you about in the survey?

Many thanks for your help with this survey. If you would like to receive the results of this survey, please contact Dr Marietta van der Linden (supervisor) ;  
mvanderlinden@qmu.ac.uk



**Supplementary material/ Appendix II**

The association between age and function mobility and the perceived impact of Frame Running participation

	Age group			Functional mobility		
	Aged under 18	Aged 18 and over	Fisher's exact test p-value	Independent walkers (FMS 5-6)	Wheelchair/ walking aid (FMS1-4)	Fisher's exact test p-value
<i>Q. Do you get out of breath and/or feel warmer during your RaceRunning training sessions?</i>						
No	2 (3.6%)	2 (3.8%)	<b>.030</b>	2 (5%)	2 (2.9%)	.071
Sometimes	26 (46.4%)	12 (23.1%)		19 (47.5%)	19 (27.6%)	
Most of the time	17 (30.4%)	17 (32.7%)		11 (27.5%)	23 (33.3%)	
Yes, all of the time	11 (19.6%)	21 (40.4%)		8 (20%)	25 (36.2%)	
<i>Q. Do your muscles feel sore after the training?</i>						
No	13 (25%)	8 (15.7%)	.288	14 (35.9%)	8 (12.1%)	<b>.007</b>
Sometimes	29 (55.8%)	24 (47.1%)		18 (46.2%)	36 (54.6%)	
Most of the time	5 (9.6%)	4 (7.8%)		0	9 (13.6%)	
Always	1 (1.9%)	7 (13.7%)		2 (5.1%)	6 (9.1%)	
They used to when I started RaceRunning but not anymore	4 (7.7%)	8 (15.7%)		5 (12.8%)	7 (10.6%)	
<i>Q. Compared to when I started RaceRunning, doing the same speed, I now feel..</i>						
A lot/bit more out of breath	5 (10%)	4 (10%)	.157	2 (6.1%)	7 (12.1%)	.320
Same	11 (22%)	5 (12.5%)		5 (15.1%)	11 (18.9%)	
A lot/bit less out of breath	34 (68%)	31 (77.5%)		26 (78.8%)	40 (69%)	
<i>Q. Compared to when I started RaceRunning, when getting in and out of my wheelchair/walking I now feel..</i>						
A bit/lot more out of breath	0	1 (2.9%)	.101	0	1 (1.9%)	.071
Same	22 (47.8%)	13 (37.1%)		8 (28.6%)	27 (50%)	
A bit/lot less out of breath	24 (52.2%)	21 (60%)		20 (71.4%)	26 (48.1%)	

<p><i>Q. Compared to when I started RaceRunning, I feel that doing my (physiotherapy) exercises is now..</i></p> <p>A bit/lot easier Same A bit/lot difficult</p>	<p>18 (52.9%) 16 (47.1%) 0</p>	<p>29 (82.8%) 5 (14.3%) 1 (2.9%)</p>	<p><b>.034</b></p>	<p>14 (66.7%) 7 (33.3%) 0</p>	<p>34 (68%) 15 (30%) 1 (2%)</p>	<p>.138</p>
<p><i>Q. Compared to when I started RaceRunning, I feel my ability to walk or transfer is now..</i></p> <p>A bit/lot better Same A bit/lot worse</p>	<p>31 (68.9%) 11 (24.4%) 3 (6.7%)</p>	<p>33 (84.6%) 6 (15.4%) 0</p>	<p>.400</p>	<p>22 (84.6%) 2 (7.7%) 2 (7.7%)</p>	<p>44 (73.3%) 15 (25%) 1 (1.7%)</p>	<p><b>.003</b></p>
<p><i>Q. Compared to when I started RaceRunning, I now..</i></p> <p>Can walk a bit/lot longer Same Can't walk as far/long</p>	<p>27 (75%) 7 (19.4%) 2 (5.6%)</p>	<p>29 (76.3%) 8 (21.1%) 1 (2.6%)</p>	<p>.961</p>	<p>23 (74.2%) 7 (22.6%) 1 (3.2%)</p>	<p>35 (77.8%) 8 (17.8%) 2 (4.4%)</p>	<p>.446</p>
<p><i>Q. Compared to when I started RaceRunning, my leg muscles now feel..</i></p> <p>A bit/lot less tight Same A bit/lot tighter</p>	<p>22 (46.8%) 22 (46.8%) 3 (6.4%)</p>	<p>24 (63.2%) 10 (26.3%) 4 (10.5%)</p>	<p>.158</p>	<p>11 (40.8%) 13 (48.1%) 3 (11.1%)</p>	<p>37 (61.6%) 19 (31.7%) 4 (6.7%)</p>	<p><b>.013</b></p>
<p><i>Q. Have you had any injuries as a result of taking part in RaceRunning?</i></p> <p>No Once but took part in the next session Unable for 2-4 weeks Unable for &gt;4 weeks</p>	<p>43 (81.1%) 9 (17%) 1 (1.9%) 0</p>	<p>32 (66.7%) 10 (20.8%) 2 (4.2%) 4 (8.3%)</p>	<p>.146</p>	<p>31 (83.8%) 4 (10.8%) 2 (5.4%) 0</p>	<p>45 (69.2%) 15 (23.1%) 1 (1.5%) 4 (6.2%)</p>	<p>.069</p>



<p><i>Q. Do you feel tired the day after your training session?</i></p> <p>Feeling tired the next day</p> <p>No</p> <p>Feeling energised the next day</p> <p>Feeling energised after the session, but tired the next day</p>	<p>17 (31.5%)</p> <p>30 (55.6%)</p> <p>6 (11.1%)</p> <p>1 (1.8%)</p>	<p>15 (31.2%)</p> <p>19 (39.6%)</p> <p>14 (29.2%)</p> <p>0</p>	<p><b>.010</b></p>	<p>8 (21.6%)</p> <p>23 (62.2%)</p> <p>6 (16.2%)</p> <p>0</p>	<p>24 (36.4%)</p> <p>26 (39.4%)</p> <p>15 (22.7%)</p> <p>1 (1.5%)</p>	<p><b>.026</b></p>
<p><i>Q. Do you think taking part in RaceRunning affects how well you sleep at night?</i></p> <p>A bit/lot better</p> <p>Same</p> <p>A bit/lot worse</p>	<p>29 (59.2%)</p> <p>20 (40.8%)</p> <p>0</p>	<p>26 (63.4%)</p> <p>15 (36.6%)</p> <p>0</p>	<p>.375</p>	<p>21 (63.6%)</p> <p>12 (36.4%)</p> <p>0</p>	<p>36 (61%)</p> <p>23 (39%)</p> <p>0</p>	<p>.186</p>
<p><i>Q. Do you think RaceRunning helps you to stretch your muscles?</i></p> <p>Yes</p> <p>No</p>	<p>45 (93.7%)</p> <p>3 (6.3%)</p>	<p>46 (97.9%)</p> <p>1 (2.1%)</p>	<p>.557</p>	<p>33 (97.1%)</p> <p>1 (2.9%)</p>	<p>59 (95.2%)</p> <p>3 (4.8%)</p>	<p>.395</p>
<p><i>Q. Do you enjoy RaceRunning training?</i></p> <p>Yes</p> <p>Sometimes</p> <p>No</p>	<p>54 (98.2%)</p> <p>1 (1.8%)</p> <p>0</p>	<p>47 (95.9%)</p> <p>2 (4.1%)</p> <p>0</p>	<p>.170</p>	<p>38 (100%)</p> <p>0</p> <p>0</p>	<p>64 (95.5%)</p> <p>3 (4.5%)</p> <p>0</p>	<p>.144</p>
<p><i>Q. Have you made friends through RaceRunning?</i></p> <p>Yes</p> <p>No</p>	<p>51 (91.1%)</p> <p>5 (8.9%)</p>	<p>44 (89.8%)</p> <p>5 (10.2%)</p>	<p>.119</p>	<p>35 (92.1%)</p> <p>3 (7.9%)</p>	<p>61 (89.7%)</p> <p>7 (10.3%)</p>	<p>.215</p>
<p><i>Q. Do you think RaceRunning has made you more confident in what you can do?</i></p> <p>Yes</p> <p>No</p>	<p>33 (91.7%)</p> <p>3 (8.3%)</p>	<p>28 (96.6%)</p> <p>1 (3.4%)</p>	<p>.627</p>	<p>24 (92.3%)</p> <p>2 (7.7%)</p>	<p>39 (95.1%)</p> <p>2 (4.9%)</p>	<p>.471</p>