

1. How long have you been an IRC member?

	Number of Response(s)	Response Ratio
0-2 years	2	7.4%
3-10 years	6	22.2%
11-20 years	7	25.9%
More than 20 years	12	44.4%
Total	27	100%

2. What is your age group?

	Number of Response(s)	Response Ratio
20-30 years	1	3.7%
31-40 years	1	3.7%
41-50 years	3	11.1%
51-60 years	12	44.4%
More than 60 years	10	37.0%
Total	27	100%

3. Type of IRC membership:

	Number of Response(s)	Response Ratio
Individual	13	48.1%
Family	14	51.8%
Total	27	100%

4. If you selected family membership in question three, write the number of family members including yourself.

15 Response(s)

2, 2, 4, 4, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2

5. What were your reasons for joining the IRC? Check all that apply.

	Number of Response(s)	Response Ratio
Meet and socialize with other runners	25	92.5%
Improve performance	16	59.2%
Run relays	10	37.0%
Work out with others	14	51.8%
Other	2	7.4%
Total	27	100%

Responses:

Keep me running and socialize with some great people.

My husband joined first and invited me along.

6. Enter the rating for how well your expectations were met after joining the IRC. Rate all that apply.

1 = Exceeded, 2 = Met, 3 = Somewhat, 4 = Not met

Top number is the count of respondents selecting the option. Bottom % is percent of the total respondents selecting the option.

	1	2	3	4
Meet and socialize with other runners	16 59%	9 33%	2 7%	0 0%
Improve performance	3 15%	12 60%	3 15%	2 10%
Run relays	5 26%	10 53%	3 16%	1 5%
Work out with others	8 36%	9 41%	3 14%	2 9%

6 Comment(s)

Responses:

I haven't participated in years due to my location where I live. I used to participate. I enjoy being a member to read up on what others are doing.

I am not particularly interested in running relays but I consider it if needed.

Best group of people ever!!!

Improve performance and run relays not applicable

When I joined these were all met, but lately they don't seem to be as much.

Improve performance and working out with others were "met" in the early days, and are the two things I miss most about the IRC.

7. Do you read IRC emails?

	Number of Response(s)	Response Ratio
Almost never	1	3.7%
Only the ones that interest me	6	22.2%
I read all of them	19	70.3%
There are too many IRC emails promoting upcoming events	0	0.0%
Other	1	3.7%
Total	27	100%

Responses:

I read most but not all/ some very repetitive

8. Have you read articles in the IRC newsletter?

	Number of Response(s)	Response Ratio
I never read the newsletter	1	3.8%
I only read the articles that interested me	7	26.9%
I read the newsletter from beginning to end	17	65.3%
Other	1	3.8%
Total	26	100%

9. IRC newsletter versus IRC blog:

	Number of Response(s)	Response Ratio
I prefer to read the new online blog for IRC news	8	29.6%
I prefer to read the former e-newsletter for IRC news	15	55.5%
I don't have a preference because I don't read either	0	0.0%
I miss the mailed paper version of the newsletter	5	18.5%
Other	5	18.5%
Total	27	100%

Responses:

I don't know how to read or use a blog.

I would prefer updating the Facebook page with events and news.

The paper version I know was a lot of work and costly. The online version works

I dont have preference but dont think you need to send out news letter

Both good

10. What is your opinion of IRC events, such as the My Favorite Runs and social events? Check all that apply.

	Number of Response(s)	Response Ratio
I enjoy going to them when I can make it	23	88.4%
I'm tired of the same old events	1	3.8%
There are too many events	1	3.8%
There are not enough events	3	11.5%
I no longer run or jog so I feel I can't participate in the club runs	0	0.0%
Some event locations are too far to drive	2	7.6%
Other	5	19.2%
Total	26	100%

Responses:

Can't participate due to location

I miss the 5k runs on the Interurban Trail.

I would like to see some new My favorite Runs

Love them, just have other things going on most of the time

You would put less demand on people on board having to meet so much.

11. Please share your suggestions for other IRC events:

6 Response(s)

Responses:

Alan Sofinowski for president. Big Pete for VP and Mike Salazar as chief bartender.

Bring back the 5k runs. I understand attendance has been low.

I enjoy the events I attend. Living in Olympia limits the events I can attend.

The more intense runs put on now days compared to the old fashioned 5 and 10k runs seem to be taking over the running scene. Would be nice to see an effort to put together a group of IRC members do these events.

More destination events and social events. Can get together for a run or walk, bike ride and then do some wine tasting or sightseeing or dinner.

Different events, not all running ones, but biking, hiking, adventure runs, destination events.

12. Do you check the IRC website? Check all that apply.

	Number of Response(s)	Response Ratio
Never	0	0.0%
Rarely	14	51.8%
On a regular basis	6	22.2%
When I need information about upcoming events	10	37.0%
When I need to renew my membership	2	7.4%
To read new blog entries	5	18.5%
I didn't know the IRC had a website	0	0.0%
Other	0	0.0%
Total	27	100%

13. IRC Facebook Page:

	Number of Response(s)	Response Ratio
I follow the club on the IRC Facebook Page	12	46.1%
I don't follow the IRC on Facebook	11	42.3%
I didn't know the IRC had a Facebook Page	4	15.3%
Other	0	0.0%
Total	26	100%

14. Are you willing to run for a one-year IRC board position?

	Number of Response(s)	Response Ratio
I would be willing to run for a board position	3	11.5%
I don't have time to serve on the board or I don't want to serve	16	61.5%
I prefer to be invited by a board member to run for a position	1	3.8%
I'm upset that I haven't been invited to serve on the board	0	0.0%
Other	7	26.9%
Total	26	100%

Responses:
No
Would like to serve on the board in the future but now isn't a good time.
I believe I have done my duty over the years
I don't think we need a board
I've been a board member many times over.
With being out of town, I feel that I cannot adequately represent.
I have, and would eventually do it again

15. Optional: If you'd like to serve on the board, please write your name so a board member may contact you.

2 Response(s)

16. To be entered into the drawing to win a \$50 gift certificate to a running store of your choice, please write your name below.

First Name 20

Last Name 20

17. What would you like to see the IRC do differently? Please share any other ideas and comments about your Interurban Runners Club.

14 Response(s)

Responses:

Attract new members. Have a weekly meet and run on Saturday mornings.

It's a great club with awesome members. Wish I could attend more events especially running. I appreciate all the hard work of the dedicated board members, except Alan, he's a slacker! My only suggestion would be to have some runs on Sunday's if possible.

It's a great club and I joined many years ago and even though I can't participate anymore I still enjoying reading about and admire so many great runners. I love being a member.

Personally, I would love to see the IRC recruit new members closer to my age—mid-30s. It would be great to connect with other young families who love to run! One idea, can the club partner with the local community center to get a training group going for various runs? Perhaps the community center would give us a little free advertising in their quarterly schedules they mail out to FW residents?

I'm working in Seattle right now but plan on finding a job closer to home (Auburn) in a couple of years. I expect to get more involved with the IRC.

I think the club does a nice job with the events it organized. We'd all like to see some newer, younger members join and help with leadership roles and new ideas, but it is easier said than done.

I know we have talked about it many times over the years, but recruiting new members seems to be a struggle for us. Maybe by having a group of IRC members do races together wearing IRC apparel we can get noticed by other runners and get a conversation going or at lease noticed. Just doesn't need to be runners only doing this it could be walkers we have joining in doing events together outside of the IRC events. I know there has to be members more creative than me who have some great ideas, we need to find qa way to get them to express them. Hopefully this survey will bring out some ideas for us.

Not sure you need a board that meets so much as I believe the focus should be on exercising and running with group of people every week. I enjoy the people I have meet and run with on Thursday nights. I think you could limit irc events or have people that meet regularly (at their weekly run nights decide if they want to go for a run on the weekend or before a holiday). This is just my opinion and don't mean any offense as there are a lot more members and if they want to operate the club differently I would understand. Thank you.

Have members participate in my Green River Marathon Runs. (I have 4 per year). Have the Summer Series continue. I have thought about asking to take them over for you. My wife cut me off on this idea though.

Get more young people involved which might mean we need to get out to local running events with a booth and some information. New ideas could help keep the club going. I do think our race events helped with club membership and recruiting new members.

If we had a "Southern" (like SoCal/Oregon) outcropping of the IRC, I would be more active in the activities! :) Seriously, for three decades I continue to enjoy the IRC, the activities, and the people. All of y'all do SO MUCH for the IRC and the running community at large. I am still proud to be a part of the IRC (and still wear my IRC and Tenacious Turtles jackets!) :)

Maybe events 6 times a year, every other month. More varied events may bring other members back that don't run any longer such as hiking or biking but still enjoy the company of the club members.

New events to attract new members. Try assigning a mentor to new members to encourage them to attend events.

When appropriate, promote the running events as walking events also. Consider changing the name "My Favorite Run" to "My Favorite Route." Many members no longer run or don't run and may feel they can't participate in the events. Most events can be done by walkers, too. This might help improve turnout. Consider updating the name Interurban Runners Club so walkers feel included as well. Suggestion: IRWC - Interurban Runners & Walkers Club.