

VALIDATING A QUESTIONNAIRE ON THE PROFILE, SPORTING HABITS AND MOTIVATIONS OF PARTICIPANTS IN THE TRAIL RUNNING RACES

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Synopsis:

This paper addresses the design and validation of a questionnaire to evaluate the profile of participants in trail running races.

Abstract:

AIM OF THE INVESTIGATION

This paper addresses the design and validation of a questionnaire to evaluate the profile of participants in trail running races.

THEORETICAL BACKGROUND

Currently no one discusses the rise of trail running (Scheerder, Breedveld, & Borgers, 2015). There are several reasons that may explain the boom in trail running: a) the offer: increased sports competitions (official and unofficial); b) demand: increased runners; c) the activity mercantilization: the expansion and consolidation of trademarks in a commercial niche until now unknown; d) the media coverage: more and more TV and radio channels that have specific programs related to trail running; e) the revitalization of the territory: being an increasingly consolidated and accepted as a receptor activity tourism; f) social function - called in Spain, Kilian effect in relationship to media effect runner Kilian Jornet.

Although there are no reliable data on its evolution, it is clear that their emergence and growth does not seem to be a temporary issue. For this reason it is of great interest to initiate research on the analysis not only of supply (growth, typology, main features, organizing body, etc.), but also demand (profile, training, experience, motivations, etc.).

METHODOLOGY

The survey design has taken into consideration the inclusion of three dimensions: 1) the socioeconomic profile, 2) sports profile (sporting habits,

experience, etc.), including the various aspects considered in the corresponding studies of sports habits in Catalonia (Puig, Vilanova, English and May, 2009), Spanish (García Ferrando and Llopis, 2010) and Europe (Eurobarometer, 2010) and 3) the motivations of participation and satisfaction (Farias, Segui, Fuster, Gil, 2014).

The questionnaire was administered to the participants of the Ultra Trail Barcelona, mountain race: 21km, 42km, 69km and 100km. In total 100 surveys, corresponding to a 95.5% confidence level and error margin of error of 5% is collected. The fieldwork took place during the day of the event. The surveys were conducted in the finish area as participants arrived. The selection criterion used was stratified random, stratified system being considered the number of participants per category.

The analysis of the validity of the questionnaire (internal consistency and reliability scales used) was based on the application of test-retest tests: Spearman correlation coefficient for nonparametric McNemar and index of samples: nonparametric test.

RESULTS, DISCUSSION AND IMPLICATIONS

The main contribution of this work remains linked to the opening of a line of work around the trail running, providing a tool to standardize the profiling study practitioners.

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