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**Survey Background:** Run Tucson is a full-service running event and coaching entity, located in Tucson, Arizona. Our Constant Contact email list includes runners and walkers who have done our running races, our training groups, and our free weekly walk/run events over the past five years.

On Friday afternoon July 31, 2020 we sent an email titled “Run Tucson’s ‘Return to Run’ Survey and Updated News on our Events” asking participants to follow a link to a brief survey. The survey included 13 questions about public health, public safety based on gender and racial identity, and running special events. The terms “running” and “runners” were intended to be an inclusive term for those who participate in event-based walks and runs in which people run and walk at various speeds. Nonetheless, some respondents indicated that they were not runners and therefore did not fit the questions.

Among the gaps in the survey methodology is that we did not ask for demographic data on age, gender identification, or racial identification. However, approximately 60% of our “Run Tucson” event participants are women, with an average age of 41. In general, the majority of our email list is Anglo, but we do not have specific data on racial identity.

The original email was opened 3,690 times with 511 clicks through to the survey. The email was re-sent to non-openers on Monday, August 3<sup>rd</sup> -- by August 7<sup>th</sup> the re-send had been opened 1,567 times with an additional 169 clicks to the survey. As of the morning of August 7<sup>th</sup>, there were 511 discrete responses to the survey. Survey responses were all anonymous, but 99 respondents provided their email address voluntarily. All comments from survey respondents are copied as they were submitted, without editing.

## Top 10 Takeaways

1. Ranked replies and general comments indicate that a significant majority of regional runners and walkers believe that the COVID public health crisis is a danger to their health.
2. Running and walking (both alone and with others) provides an important sense of emotional and physical well-being. They report that running and walking provides a measure of control in the midst of general uncertainty and enables them to feel as if they are contributing to their own mental and physical health.
3. Many runners recognize a need to wear face-coverings when in public, with many indicating that they bring face-coverings on an exercise bout, some indicating that they wear face-coverings all the time or when near others, while some say they never wear a face covering when exercising.
  - a. A note on “buffs”: many have no doubt read the recent articles about a Duke University study purporting to indicate that a “gaiter-style” head covering is not a useful method for controlling airborne droplets. We have written to the researchers seeking clarification, but

have not heard back from them. However, additional news items indicate that the researchers are indicating that they did not do a thorough analysis of running buffs and more research needs to be done.

4. Regarding events, respondents are split regarding whether or not they support doing an in-person group-based event, with a slight majority indicating a willingness to attend an in-person event.
5. Many indicate that they would like some measures for public safety taken, such as staggered starts, face coverings when not running, and a minimum of pre- and post-event activities. A number of respondents wanted staff and volunteers to take temperatures on race day as a means of ensuring safety. A small number of replies advocated for a return to regular events with no modifications.
6. Few of the comments indicated a concern for the risks that would be required of pre-race and race day volunteers, timing staff, or event staff. Likewise, the needs of police, ambulance staff, and other possible first-responders were not considered in the comments. Few of the comments addressed the public safety issue of shared portajohns.
7. The roughly 45% of respondents who do not currently want to attend an in-person group-based event are worried about their personal safety, worried about contributing to general community spread, and worried about jeopardizing specific family members.
8. Likewise, a number of comments indicate a fatigue with virtual races, indicating that the early passion for having a goal to aim for has faded.
9. Regarding perceptions of running and public safety based on sexuality, gender, race, and ethnicity, a main theme is that the running community recognizes that many runners at least occasionally feel unsafe when exercising on community streets, paths, and trails.
10. Many comments were from a female runner afraid of personal safety while running. A number of comments indicated that runners were fearful of personal safety due to their race or ethnicity.
  - a. Of note is the number of comments from white men indicating that they are fortunate to feel safe on a regular basis, perhaps indicating that recent public events have contributed to a broader understanding of community-wide issues.

***Possible action items regarding race production in Arizona's current COVID-19 environment***

- Provide a virtual option.
- Postpone events until a full return to regular special events becomes safe and approved.
- Hold a capped, socially-distance group-based event, with fewer than 200 participants, on a loop course or a widely-spaced out-and-back course.
  - Note: all events held on public land with parking on public land require permits from various civic agencies

***Possible action items regarding general public safety:***

- Continue to be a prominent voice promoting safety and inclusivity (public declarations and acknowledgements via social and regular media and in marketing materials).
- Intentionalize language and imagery that promotes inclusion.
- Intentionally reach out to communities not normally represented at running events.

- Provide personal safety training classes.
- Partner with the biking community to promote better safety understanding between the two major users of The Loop.
- Send email reminders about safety (wearing a mask, not running with headphones, running in a group, privacy settings on wearable technology, letting others know where you are going, changing up your route/time, and so forth).
- Continue to send out surveys occasionally to see how people are feeling in the running community.

**Possible Next Steps for Upcoming Run Tucson Events:**

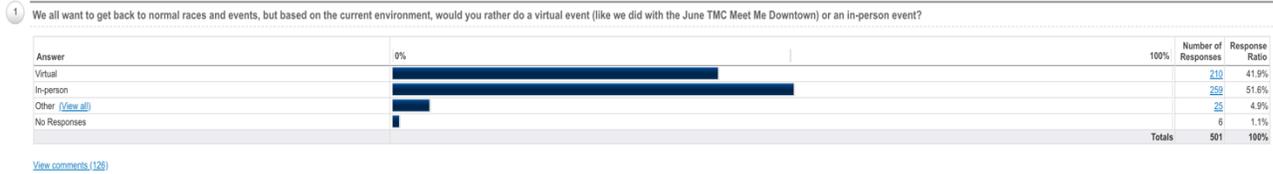
As much as anyone, we would like to bring the community together again. Nonetheless, we at Run Tucson are not willing to put community health in jeopardy. We are not willing to put the health of participants, volunteers, staff, or first responders in jeopardy, nor are we willing to ask volunteers or staff to become health monitors, and take temperatures, check participants for symptoms, wear PPE, as so forth.

Thus, the September 20<sup>th</sup> TMC Run Tucson 10k event will most likely be held solely as a virtual event (similar to the way the TMC Meet Me Downtown event was held). While it is tempting due to the circular course to hold the 10k in staggered start times and with social distancing, it does not yet seem possible to receive event permits from the required multiple agencies.

However, we have a permit request outstanding with Pima County for the October 25<sup>th</sup> TMC Get Moving Tucson Half-Marathon and 5k. We will not produce the course on the regular route (Downtown Tucson, A-Mountain, etc) but we anticipate trying to hold the race on a modified course along The Loop, staged at River/Campbell or elsewhere. We also will continue our efforts at holding as an in-person event the November 7<sup>th</sup> Grand Canyon Trail Half Marathon in Tusayan, AZ.

As well, we will continue to try to hold group training sessions in small groups that are socially distanced at various locations around the community.

**TOPIC: WOULD YOU DO A VIRTUAL OR AN IN-PERSON EVENT, BASED ON WHAT YOU KNOW AT THIS POINT ABOUT THE PUBLIC HEALTH CRISIS?**



**Representative Comments:**

- You could stagger starts and utilize chip timing to allow for people to show up at any time and run the course.
- A virtual event is a great substitute for an in-person event.
- TBH, i probably wouldn't participate in a virtual event due to financial constraints and the in-person runs are obviously way more fun. However, I def wouldn't participate in an in-person event at the moment and don't think it's a beneficial thing to do for the good of public health atm.
- Sooo tired of every race turning into a virtual....
- I don't think that the town is ready for in person events even though that is would I would love to see. I do like the idea of staging small groups of runners over the same course and could be a good alternative to a full on in person race/event or group meeting.
- If schools and sports can't go back we shouldn't have running events.
- I'm really not ready to commit to any kind of race. Virtual really races don't motivate me, but I don't think it's smart to run large races in person yet.
- Let's not spread the virus!
- What is the motivation in a virtual event? The race for me is about being with everyone and enjoying the event.
- With wave starts, masks before and after, and other social distancing measures.
- I'm very unlikely to attend an in-person event until there is a vaccine or things otherwise change materially.

**Takeaway:** Comments were split pretty evenly between the two choices: the overwhelming takeaway is that people want to run a race in person, with about half of respondents saying that they are willing to try it currently, while another half say that they do not want to run an in-person race, even with modified structure.

A number of respondents indicate that they are tired of Virtual races, indicating that virtual races are essentially a normal training day with a fee. For those who do not feel comfortable proceeding in person, there were many who were still not willing to do virtual races and voiced not participating in races at all until it is safe to proceed in person.

**TOPIC: WOULD YOU WANT TO DO A MODIFIED IN-PERSON EVENT WITH STAGGERED START TIMES, ETC, OR WOULD YOU RATHER DO A VIRTUAL EVENT?**



**Representative Comments:**

- Just run the events like you used to.
- I would love to do that but would be unable to race with my son due to his lung disease.
- Based on current numbers it's irresponsible to attempt. It's best to just wait until it is safe. We can and should wait. Virtual is a fine alternative for now.
- For this to work for us, we'd need some say over our start times, hoping that they allow for some participants to finish before others start. Our kids are too big to push in a stroller but too young to leave on their own. We aren't using family for babysitting yet due to health concerns, so we'd need for one of us to race first while the other stays with the kids near the starting line, then swap once the first person finishes. Otherwise we wouldn't be able to participate.
- Due to having members of my family in a high risk category we will most likely be doing virtual races for the next few months.
- Boo hoo, no snacks, activities etc.....is there a way snacks can be handed out 'safely'?? and 'safe' post race activities??
- COVID cases are higher than they were in the spring when races were canceled. It makes no sense to resume racing at this point.
- That's what I'm talking about!
- It would depend on how it is set-up.

**Takeaway:** Once again, pretty evenly split between those who do not think it is safe to run a race, even with a modified format, and those who are willing to run a group race. Outlier comments included unhappiness with government leadership on the one hand and disdain for those who are worried about their personal health. A portion of the race experience that many respondents commented on was aid stations - it seems that water and aid stations are one of the benefits that many people find more necessary and were possibly not willing to consider a race without the support.

This brings up concern for volunteers - while runners may be spaced out and there is the possibility for a modified start, volunteers along the course, at the start/finish line, and even at packet pickup would come into contact with a larger number of people. A common thread for those who were not willing to consider in person events was that they would prefer to wait until there is a vaccine.

**TOPIC: IF WE HELD AN IN-PERSON EVENT, WHICH TYPE OF COURSE WOULD YOU LIKE?**

We are considering trying to produce the September 20th TMC Tucson 10k and the October 25th TMC Get Moving Tucson events somewhere on The Loop. The current plan would be for staggered starts, social distancing packet pickup, self-supported course (with no aid stations), additional portojohns and hand-washing stations, and no pre- or post-race group activities. Can you tell us what you prefer? Pick as many choices as you wish.

Answer	0%	100%	Number of Responses	Response Ratio
Staggered start on an out and back course			163	33.3%
One way point-to-point course -- the runners/walkers provide their own transportation to start or finish			52	10.6%
A loop course with same start/finish line but crossing rivers on either footbridges or pedestrian sidewalks adjacent to roadways			213	43.5%
Any of the above would be fine			96	19.6%
None, prefer a Virtual event because I do not want to do an in-person event until I consider it safe			133	27.1%
Other ( <a href="#">View all</a> )			17	3.4%
<b>Totals</b>			<b>489</b>	<b>100%</b>

**Representative Comments:**

- Bring on the in-person REAL event. It can be made safe.
- My thoughts are if there isn't a festival area to interact with others, then I don't consider it an event, I consider it my typical running workout.
- running is inherently safe compared to many other activities. races are now happening in other countries. I don't understand why we can't get back into it too. Those who fear the virus can just stay home. of course, the city/county will never grant you permits.
- I would not do any of this. Stupid
- Mixed on this. So much want to get back to in person events, but have some mild concerns on safety and health.
- Staggered start would be okay, but not an out and back course where we would be passing so many people coming towards us.
- It sucks but until there's at LEAST a vaccine, I don't trust our leadership to get this under control and the only way I can think to keep this from going on forever is for people to stay out of groups as much as humanly possible.
- Point to point would be difficult transportation wise for some people if they are solo, especially if the distance is significant.
- I would miss the old venues.

**Takeaway:** Once again, the results are pretty evenly split between those who do not think it is safe to run a race, even with a modified format, and those who are willing to run a group race. Multiple comments indicate that everyone wants to return to normal – the question is under what conditions, with different perspectives on what is required for safety.

**Representative Comments About Running on The Chuck Huckelberry Loop, the 130+ mile system of paved, shared-use paths that loops around Pima County, with various segments and extensions through multiple city jurisdictions.**

- The loop is crazy busy, I don't see how you can social distance at all out there unless you close it to others. I don't even go there in the mornings.
- Not a busy part of The Loop. Maybe on the Santa Cruz. I generally feel safer on streets (safer from Covid, that is).
- the loop is very narrow and from other events, does not completely shut for events
- There are places on the loop where it's difficult to maintain 6 feet so out and back would increase exposure--a loop course would be more accessible than a point to point and would help to maintain distancing
- Loop pretty narrow - hard to maintain distances
- Think the loop is too narrow. Slower runners always try to get to the front of the line, too much passing would be involve
- YES, please do a loop course on The Loop! That's why it is named
- It seems too crowded on the Loop either way you try it
- The Loop path is pretty narrow. Will you require mask wearing? I'd be really uncomfortable with so many people streaming their particles behind them (and I'm a walker, not a runner, so I'm the one at the end breathing all of it).-- Do whatever folks want and feel they can safely do. Would appreciate virtual option regardless.
- My concern with the loop is space. Your races are always well attended... I would be concerned there would be too many runners and spectators to have a 'safe' event.
- Not running on the Loop because it seems congested.
- The homeless population on the Loop near where we live has exploded over the last year or so. Along with it has come evidence of high levels of alcohol and drug abuse on the Loop. While it has not stopped me from running I know many (especially female) runners that are uncomfortable.

**Takeaway:** Regarding The Loop, many anecdotal comments indicate that it is seen as a crowded, unsafe space.

**TOPIC: HOW MANY PEOPLE WOULD MAKE YOU FEEL SAFE IN A GROUP RACE?**

Based on what you currently know about the public health situation, what number of participants would you be comfortable with at an in-person event that is managed like regular events (check-in and packet pickup, water stations on the course, jumping castles and post-race activities, live music, awards ceremony, and so forth).

Answer	0%	100%	Number of Responses	Response Ratio
Fewer than 100 people			75	15.0%
100-200 people			74	14.8%
200-400 people			47	9.4%
400-600			20	4.0%
600+			45	9.0%
none -- I would not be comfortable doing a "regular" event			205	41.2%
Other ( <a href="#">View all</a> )			15	3.0%
No Responses			13	2.6%
<b>Totals</b>			<b>497</b>	<b>100%</b>

**Representative Comments**

- If everyone is wearing masks and the start line is staggered enough so that we're not standing in a big crowd tightly jammed together AND everyone is wearing masks at least at the start? I'd feel comfortable. Water station volunteers with gloves and masks and proper usage of them? Comfortable. Post race event with proper distancing and masks? Comfortable.
- Running necessities only -- packet pickup, etc. No extra events or options like water stations, jumping castles, awards ceremony. Mail awards later or offer pickup at store
- In solidarity with healthcare workers and other essential workers, I would opt to do events virtually. When our community is healthy again, I plan to come back full force.
- If people are healthy enough to run & willing to wear face masks; there is very little threat to each other.
- Take preventive precautions by taking temps and having a large enough area to create social distancing as needed.
- Depends on the course and area and staggered start.
- Make sure no matter how many people, it is staggered so they're not clumping together.
- Not at all fearful of crowds. Not at all fearful of dying of the virus. maybe will get it but pretty sure I won't die. So, personally, (not to be selfish or anything) but I'm ready to get back to normal.
- Based on today's numbers, no gathering is safe or responsible.

**TAKEAWAY:** Consistent split between those who think it is safe and those who do not think it is safe. Approximately one-third of those who are in favor of a return to racing indicate they would do an event capped at fewer than 100, while another one-third of those who are in favor of a return to racing indicate they would do an event capped at fewer than 200. Almost 40% of all respondents would not be comfortable doing a regular event.

Of interest is that few of the comments indicated an understanding or concern for the roles volunteers, course monitors, police, and first-responders would be asked to play. As race directors, we at Run Tucson are not willing to become health monitors, taking temperatures, checking for symptoms, requiring volunteers to wear PPE, and so forth.

*TOPIC: WHAT ADVICE DO YOU HAVE FOR TRYING TO PRODUCE AN IN-PERSON RUNNING EVENT OVER THE COMING MONTHS?*

**Representative Comments:**

- Let's just wait. It's the right thing to do so we don't undo our efforts. Stay the course. Demonstrate discipline. That's what running is all about!
- Everything depends on the pervasiveness of the virus throughout Tucson. Right now it is widespread. If the numbers drop in new cases to miniscule numbers then I would feel more comfortable at a regular type event.
- Stop living in fear.
- It's a hard balance to find. I don't envy you. At the moment, community spread is still so high, I don't see how it could be done responsibly. Outbreaks are happening in the professional leagues with tons of testing and other precautions. Here in AZ, our testing rate is so low and contact tracing is non-existent. It's still too active. I'm bummed, and wish it wasn't this way. But I'd rather look to 2021 and not be part of continuing to spread it.
- Just do it. Those who are not interested due to what's going on can opt out. A lot of us want to get back to in person running and other events.
- I'm not sure I have the expertise to offer anything not already considered. It sounds like much effort is going in to the discussions for in-person events...thank you! I appreciate the challenges you must be facing. Thank you for all you do and for the continued efforts to hold in person events.
- I've ran close to 100 obstacle races and many require a signed death waiver. I would not be opposed to signing one for SAR. My understanding of the virus based on the CDC stats, is that it affects about 1% of the population, and only 1% of those are susceptible of dying due to underlying medical conditions. I'm willing to play the odds, get back to normal, and continue with my fitness goals.
- No pre- or post-race gathering, staggered starts and limited swag reduce face-to-face interaction the most. Offering a virtual option allows everyone to participate regardless of their comfort zone.
- Keep costs low so families can afford to participate together!
- I want everyone NOW to wear their masks. Social distancing. If WE all care this virus could be slowed and WE could have a better life .
- Don't do it. Everyone wants their life to return to normal but it won't until Covid is under control. Don't expend the effort to organize these events when it is known that congregation in groups is dangerous. And yes, people would congregate.
- Do it! I have no interest in virtual events. I can run any day of the week, but it is not a race.
- I commend your efforts in this difficult time and support ANY decision. I will adapt and try to participate.
- I saw a race in San Diego that put up the chip timer equipment for a weekend so people could run whenever they felt like it but it was documented. Great idea and it seems to have gone well (coronado 4th of july run - blanking on the race name). Made me wish I hadn't canceled my plans to do the race since I've made it a tradition the last few years....
- I love what Aravaipa is doing. Unless you have a official permit that is non-cancellable except for binding state of emergencies or natural disasters, DO NOT collect money in advance! Create a waiting list. Create a virtual event as well. Set a drop dead date for permit. I'm thinking that if you don't have the permit by 45 days prior to race day, CANCEL the live race and offer your waiting list the virtual race if they want. The 45 days can be adjusted to coincide with your cash outlays.
- Disavow the event, even though you're re organizing it, and make participants sign away all their rights to hold you accountable for anything that results.
- We all want life to be normal, but it's not. We may just need to be patient and wait for in-person events. It's great that you're trying so hard to put on events, but maybe the best answer is to just



keep the Tucson running community connected, informed and motivated at this time without trying to force fit events. Maybe more newsletters with tips on running, nutrition, etc.? I really appreciate all that you do, so I hope this doesn't sound critical. I just feel like you are working so hard to do something that just might be impossible at this time. For now, I might need to substitute my treadmill at incline 15% for an awesome A-mountain half marathon experience. :-)

**Takeaway:** Once again, results show a mixed bag, with significant members of the running community advocating for a return to group events immediately and others referencing the need for both personal and communal safety as a rationale for neither producing nor attending group events. Interesting and creative solutions include taking placeholder registrations until a permit is secured; holding an event on a route over a long period of time (weekend) with chip timing available throughout.

Few of the comments indicated an awareness of the impact on volunteers, the impact on community property such as city streets or shared-use paths, and the impact on first-responder assistance such as police, ambulance, and the like.

**TOPIC: HOW DO YOU FEEL ABOUT EXERCISING DURING COVID-19 PUBLIC HEALTH CRISIS?**

To help us understand feelings towards exercising during the COVID-19 public health crisis, please complete this phrase with any of the possible responses: The act of running, walking, or hiking outside

To help us understand feelings towards exercising during the COVID-19 public health crisis, please complete this phrase with any of the possible responses: The act of running, walking, or hiking outside . . .

Answer	0%	100%	Number of Responses	Response Ratio
Is comforting			317	63.5%
Helps keep me happy			400	80.1%
Feels safe			243	48.6%
Is a bit stressful but worth it			72	14.4%
Makes me feel unsafe			9	1.8%
Other ( <a href="#">View all</a> )			26	5.2%
<b>Totals</b>			<b>499</b>	<b>100%</b>

**OTHER:**

- Is cathartic
- is best done alone
- gives me a sense of normalcy.
- See below
- a good & much needed mental break
- see comment
- still requires me to have safeguards
- I need it
- Is absolutely necessary
- helps to keep some normality
- is something everyone should be doing.
- reduces my stress and keeps me feeling healthy
- It's ESSENTIAL to stay healthy
- I have a treadmill
- Allows me to focus on my health
- Keeps me sane
- is what I need
- Helps keep me sane
- Provides a sense of normalcy
- Should be done alone.
- is great alone or with my social pod only
- Is bloody hot right now
- Comfortable if there aren't very many people
- Keeps me aware of my surroundings
- is enjoyable and i will keep running walking and biking unless it is banned!
- is seeing me through this terrible time.

**Representative Comments:**

- I cannot imagine what like would be like if I could not exercise outside. Walking has been a savior to my mental health since the public pools and masters swimming are on hold.
- is essential to my physical, mental, and emotional well-being.



- With how stressful the world is, I need running as a release. I have the same 2 running buddies, and we are all taking the same precautions, so I feel ok being with them.
- keeps me healthy physically and mentally but activity has to be planned to avoid groups,
- There is very little we can all control in this situation so it is nice to have one thing (daily run) that I can count on and do what I want with.
- Is the only source of normalcy.
- I would go absolutely insane if I couldn't go out, but it does stress me out.
- Even the remote trails, let alone the Loop, are filled with people who do not wear mask and who not practice social distancing. Any in-person race will include such people. We are an exceptional nation.

**Takeaway:** Running, walking, and exercising are providing people an important sense of emotional and physical support. These activities also provide a sense of personal control in the midst of uncertainty.

**TOPIC: RUNNING SAFETY BASED ON SEX, RACE, ETHNICITY**

In terms of running and public safety, please tell us your experience and feelings.

Answer	0%	100%	Number of Responses	Response Ratio
I almost always feel safe when running			323	66.0%
Due to my gender or sexuality I have sometimes felt unsafe running			157	32.1%
Due to my gender or sexuality I regularly feel unsafe running			13	2.6%
Due to my race and/or ethnicity I have sometimes felt unsafe running			12	2.4%
Due to my race and/or ethnicity I regularly feel unsafe running			3	<1%
Other ( <a href="#">View all</a> )			11	2.2%
<b>Totals</b>			<b>489</b>	<b>100%</b>

**Representative Comments**

- I try to make smart choices about where I am going to run/walk. I no longer feel safe running/walking along the Santa Cruz Bike Path due to homeless camps. I do cycle there weekly but now I carry pepper spray.
- I have not run or walked on the river path for some time because I did not feel safe with everyone not wearing a mask.
- Some times at night I feel unsafe, or if alone. Never know about other people and animals coming out of no where. Otherwise with other people around I feel safer.
- If running alone, I usually do not feel very safe but try to run in busy, public places and run with mace, a cell phone and several friends/family members know where I am, my route and when I am expected back.
- only rarely have I felt unsafe due to my gender, but it is something that most women think about everyday running or doing other activities. Not a front of the mind worry, but an awareness.
- As a woman, I always feel mildly uncomfortable if I am not running in a group.
- I'm a Muslim woman one time at mile 23 of a marathon a volunteer started screaming at me telling me to die it was scary. After Boston my son had a gun pulled on him after his first half. He stopped running since
- White male, so I'm privileged. When I do run with others I try to be conscious of whether the other people I'm running with may not feel comfortable or would appreciate or feel safer in a more accommodating group setting.
- The nice thing about masks is not being told by strange men to smile, it doesn't stop the staring though.
- Sometimes I can't wear anything that gives away my Mexican heritage. Especially since Trump got elected.
- Thank you for asking that question!
- I have been followed and do not feel comfortable running alone on the loop.
- White male. Sorry to say, but that helps.
- Dogs are a safety issue
- What female doesn't occasionally feel unsafe when out by themselves?
- Thank you for asking questions like this one Tucson running leadership has always been ahead of the curve in responding openly and constructively to critical societal, cultural, and political issues

**TAKEAWAY:** Many members of our running community do not feel safe on community roadways and paths. Those who commented spoke to various reasons for feeling unsafe: from gender to nationality and concern of the homeless population to animals. Respondents have found ways in which to increase their sense of safety which include running with pepper spray (one response indicated running with a gun), running in busy

parts of town, and running with groups. A common response was that our runners are very cognizant of when and where they choose to run and try to be aware of their surroundings at all times.

**TOPIC:** *IS THERE ANYTHING WE AT RUN TUCSON CAN DO TO HELP RUNNERS BE AND FEEL SAFER?*

- Some kind of public service or featured news items about runners running in "unofficial" areas and for cars to be careful. Also tips for runners on running safely along roadsides.
- keep social media active for alerts on any unsafe places to run, i.e. animal or people threats
- Why are you asking questions about sexuality, this is just running, why does it have to be so complicated.
- Create a world where women are not prey species?
- Promote inclusivity. Recognize, listen, and discuss issues of class / race / sex / gender within the running community.
- Just keep fostering the sense of community among runners, perhaps even facilitate arranging localized running groups for safety.
- Have running self defense classes again, once it's safe!
- Stop pulling volunteers before the last runners have passed them.
- Promote safety, promote telling people that you're behind them on a path, run on the right on paths, and advocate for people to run on trails and off the main road.
- A survey such as this is helpful. It gives the public a voice. Run Tucson can follow CDC & Health Dept. guidance for crowds.
- No, people need to take responsibility for their own protection.
- I almost always feel safe when I run and wish for everyone to have the same experience. If there is a panel created to help come up with ideas to help others feel safe I would join that panel and help in any way I could.
- Honestly, communicate with the biking community to get anyone on a bike to stop passing so close to anyone on foot. I have lost count of the number of times bikers pass dangerously close to me (within a foot) because they don't want to slow down. This has been both before AND during the pandemic.
- More running self defense classes? Encouraging runners to NOT run with earphones? Classes on situational awareness?

**TAKEAWAYS:** The Tucson-based running community is aware of public health and public safety issues and wants to be provided with information from trusted sources to help manage personal and collective safety. Many are grateful that they are being asked their opinions.

*TOPIC: WHAT CAN RUN TUCSON DO TO MAKE RUNNING MORE INCLUSIVE*

**Do you have ideas for action steps Run Tucson can take to make our events and training groups be more inclusive to the full regional community?**

- I haven't joined any training groups because my impression is everyone is faster. If there was a group that was geared to older slower runners I would love that.
- Reach out to communities who might feel excluded- ask them how to be more inclusive and accepting (I think you're already doing this though :)
- Reach out to minority/underprivileged groups and offer opportunities to get their members involved. Ask if they want to be one of the event sponsors to both bring awareness to the cause and encourage their members to participate. You may help change someone's life by having them become a runner. Too many people of color do not feel welcome to do outdoor activities (running/cycling/camping)
- Host in underserved areas of the community not just the "nice" areas
- thank you for all you do to support the local running community. I feel blessed to be in such a wonderful community supported running experience. Thank you for caring and asking for feedback.
- Focused outreach and advertising to parts of town and demographics that are currently underrepresented. For instance, talk to track coaches at schools in those areas and ask them to encourage their runners to participate in Run Tucson events.
- Continue using proceeds to support organizations that address social issues like domestic violence and that support organizations promoting opportunities for our community members that are overlooked or disadvantaged
- Maybe branch out to promoting other healthy elements. If possible, have a race start/end close to a community garden project and partner with those members to provide tours of the garden, talking about how to build your own backyard garden (help close a health disparity gap). Just a random idea.
- Keep prices low for running events
- Include the whole region not just the north and west sides.
- Make it non-intimidating. I think a lot of runners (especially newer ones) worry that they can't keep up with the more elite or experienced runners; or if there are cliques within the training group they may feel excluded.
- I know quite a few athletes (myself included) who don't participate in running events when they are held on Sundays due to religious observance. Would you consider holding more events on Saturday in the future?
- Can we partner with local (or national) BIPOC running groups - for example Indigenous communities/runners we could support? Maybe raising money for the Navajo Nation, especially during the COVID crisis. I also think doing a land acknowledgement before races is a way to show that we are acknowledging and recognizing the native communities who have lived there. If we do a virtual run, can we partner with a group like Black Men Run in PHX, or if there's a Latinx group. I think partnerships and support are a good way to start to raise awareness.
- If not already, get involved with schools.
- More programs in the south side schools to get kids into races, and hopefully their families too. Maybe certain schools get 20 free entries for the kids who ask, write an essay, practice for it, etc.
- Outreach to middle and high school coaches.



### TOPIC: WHAT DO YOU DO FOR PUBLIC SAFETY IN RESPONSE TO COVID?

We are curious about the patterns of Tucson area runners. Please feel free to choose any of the answers that apply to your situation

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Answer	0%	100%	Number of Responses	Response Ratio
When you run, you regularly wear a mask or face covering			18	3.6%
When you run, you regularly bring a mask or face covering to slip on when you're near people			176	35.8%
When you run, you never bring a face covering			231	47.0%
When you run, you always run alone or with one other person			362	73.7%
When you run, you sometimes run in groups of fewer than 5 people			77	15.6%
When you run, you run in groups of 6-10			18	3.6%
When you run, you run in groups of 10 or more	<1% bar"/>		4	<1%
When you run, you run in groups that are your "running bubble"			50	10.1%
When you run, you sometimes run with non-bubble runners			6	1.2%
Other ( <a href="#">View all</a> )			15	3.0%
<b>Totals</b>			<b>491</b>	<b>100%</b>

### REPRESENTATIVE COMMENTS

- I've mostly been running out on trails and don't wear a mask. If I'm running in town with a group, I'll bring a mask but don't normally get close enough to anyone to wear it.
- I have a mask for after running, and make sure to keep a good distance from others.
- I just stay away from others. When running, I stay on the road if a walker is on the sidewalk. If a biker comes, I jump back on the sidewalk. Everyone seems to be very flexible and gives space.
- I sometimes have something to slip on my face, but I give others the required space and don't see the need to throw a mask on for the 20 seconds while passing (or being passed)
- I run outside, and I'm not running in a mask.
- Since the pandemic I have only run alone. No mask. Will return to group running after pandemic.
- Bringing a face covering is dependent on where I run. On the loop I have one. Running in my community I do not... it is very easy to socially distance in my community.

**TAKEAWAY:** Tucson runners seem to feel that they have enough space to avoid other runners, walkers, and cyclists, so while some may bring a face covering, most runners use social-distancing not a face covering to protect themselves.