



RUN FOR THE MUMS

5K RUN & WALK

2022 Post Race Survey

Please complete and return this form by October 24, 2022.

Thank you for participating in the 43rd Annual Run for the Mums 5K. We'd appreciate your feedback to continue to improve this event. All respondents will be entered in a drawing for a free registration for the 2023 Run.

- Please fill out your personal information if you wish to be included in the drawing (OPTIONAL).
First Name _____ Last Name _____
Email Address _____
- Have you participated in the Run for the Mums before? Yes How many times? _____ No
- Did you participate in the event this year as a runner or walker? Runner Walker Little of Both
- How did you hear about this event? (Please check all that apply.)
 Friend or family member Email Poster/Flyer Internet search TMCS Activities Calender Social Media
 Running Website _____ Other _____
- How many 5K races do you generally participate in annually? One Two-Three Four-Five _____
- Did you get your PR (personal record) at this year's Run for the Mums? Yes No
- What was your primary motivation for signing up for the Run for the Mums?
 Size of run (# of runners) Course Something fun to do with friends Chance to compete
 Chance to win an award The cause: to support TMCS Recreational programs Other (List below)

- Please rate the following elements from 1 to 5 (with 5 being excellent).
1 --- 2 --- 3 --- 4 --- 5 Online Registration Process
1 --- 2 --- 3 --- 4 --- 5 Packet pick up
1 --- 2 --- 3 --- 4 --- 5 Same-day registration
1 --- 2 --- 3 --- 4 --- 5 Race Course
1 --- 2 --- 3 --- 4 --- 5 Course Officials and volunteers
1 --- 2 --- 3 --- 4 --- 5 Post-race food and beverages
1 --- 2 --- 3 --- 4 --- 5 Event T-shirts
1 --- 2 --- 3 --- 4 --- 5 Timing
1 --- 2 --- 3 --- 4 --- 5 Overall Experience
- Would you recommend the Run for the Mums to others? Yes No
- Are you interested in serving on the event planning committee in 2023? Yes No
- Comments: