

Alaska Triathlon Club

Your comments are important to us. We will use this information to help establish goals and future clinics, events, etc. for the Alaska Triathlon Club. Please take a moment to fill out this questionnaire and return it to us with your new membership or e-mail a scanned copy back to rmckee@crweng.com. For more information or if you have questions please contact Rebecca McKee at rmckee@crweng.com. All information provided will be used for club purposes only and is confidential.

Name: _____

Mailing Address: _____

Physical Address if different: _____

E-mail: _____ Phone: _____

All information collected in this survey will be used for club purposes only and will not be made available to the public or any other entity.

Please tell us a little about yourself:

Gender ___ Male ___ Female Birth Date: _____ Age: _____

Number of adults in household: _____ Number of Children in household: _____

Number of Triathletes in household: _____

Please tell us where you are employed _____

Your position at this company _____

Are you a member of:

___ USAT, If yes, please tell us your number _____

___ XTERRA, If yes, please tell us your I.D. number _____

___ Anchorage Running Club

___ The Arctic Bicycle Club

___ A Masters Swim Team (please list which team _____)

___ Other athlete organizations (please list)

How many years have you been involved in Triathlon? _____

What distances have you participated in:

- Sprint
- Olympic
- $\frac{1}{2}$ Iron-distance
- Full Iron-distance
- XTERRA - Off Road
- Duathlon

Please tell us about your training:

Please tell us the longest type of race you are currently planning on training for in the 2006 season:

- Sprint
- Olympic
- $\frac{1}{2}$ Iron-distance
- Full Iron-distance
- XTERRA - Off Road

How many hours a week based on a yearly average do you train? _____

Based on 100% of the hours listed above what percentage is spent:

- Swimming
- Biking
- Mountain Biking
- Running
- Strength Training
- Other - please list

Do you currently have a coach for:

- Triathlon training
- Swimming
- Running
- Biking
- Strength training

Have you considered hiring a coach for:

- Triathlon training
- Swimming
- Running
- Biking
- Strength training

Please tell us about your racing:

How many races a year do you participate in on average, if any? _____

Based on the number above please tell us how many of those races are:

In Alaska _____

Outside Alaska _____

Sprint distance _____

Olympic distance _____

$\frac{1}{2}$ Iron-distance _____

Full Iron-distance _____

XTERRA _____

Do you compete in other events, such as biking, running, swimming, etc.? If so, please give a brief description of the non-triathlon related events you have participated in the last year:

Please tell us your level of interest in Club Sponsored events:

Have you attended any club sponsored clinics ___ Yes ___ No

Have you attended any club sponsored training session _____ Yes _____ No

Please rate the following on a scale from 1 to 5

1= never

2= maybe

3= interested but not sure

4= would try to go

5= always

I would attend a running clinic sponsored by the club _____

I would attend a bike fit clinic sponsored by the club _____

I would attend a swimming clinic sponsored by the club _____

I would attend a strength training clinic sponsored by the club _____

What are the top 3 benefits you hope to gain from your personal involvement in the Club?

1.

2.

3.

What are your top 3 concerns associated with the Club?

1.

2.

3.

As a member of the Club what do you feel the Club's top 3 goals for 2006 should be?

- 1.
- 2.
- 3.

Involvement opportunities

There are many opportunities to become involved with the Club and local triathlon events.

Please tell us your availability to volunteer for various club sponsored events and support for local races:

Have you volunteered for a local event Yes No

If yes, which event and what was your role as a volunteer (i.e. aid station, medic, timer, setup, etc)

Are you or anyone in your family interested in helping with various events? Yes No

Please check the events you would be interested in helping with:

- Local Races
- Clinics
- Educational Opportunities
- Newsletter Support
- Photography Support
- Fundraising

Are you confident enough in your skills in any particular area that you would be interested or willing to coordinate, or lead a Club Sponsored group activity, event or clinic? If Yes, please tell us what your interest would be:

Thanks for taking the time to make your club a better organization; all of your responses are greatly appreciated. Sincerely, The Tri Club Board