



Constant Contact Survey Results

Survey Name: 2009 Quarter Marathon Participant Survey

Response Status: Partial & Completed

Filter: None

Aug 12, 2009 1:11:02 AM

*

Which race did you participate in?

Answer	0%	100%	Number of Response(s)	Response Ratio
"The Double" Quarter Marathon + 5K			37	34.5 %
Quarter Marathon			65	60.7 %
5K			17	15.8 %
One Mile Fun Run			0	0.0 %
No Response(s)			0	0.0 %
Totals			107	100%

*

How Many races have you participated in?

Answer	0%	100%	Number of Response(s)	Response Ratio
This was my first race.			14	13.0 %
Less than 5			19	17.7 %
Less than 10			19	17.7 %
More than 10			67	62.6 %
No Response(s)			0	0.0 %
Totals			107	100%



How did you register for the 2009 Williams Route 66 Quarter Marathon?

Answer	0%	100%	Number of Response(s)	Response Ratio
Pre-Registered Online			114	106.5 %
Pre-Registered at a Running Store			2	1.8 %
at Packet Pickup on Friday			1	<1 %
Race Day			2	1.8 %
No Response(s)			0	0.0 %
Totals			107	100%



Have you participated in past Route 66 Marathons?

Answer	0%	100%	Number of Response(s)	Response Ratio
Yes			50	46.7 %
No			69	64.4 %
No Response(s)			0	0.0 %
Totals			107	100%



Are you planning on participating in the 2009 Williams Route 66 Marathon this November?

Answer	0%	100%	Number of Response(s)	Response Ratio
Yes			92	85.9 %
No			26	24.2 %
No Response(s)			0	0.0 %
Totals			107	100%

Please rate the 2009 Williams Route 66 Quarter Marathon.

1 = Needs Improvement :(, 2 = Adequare :, 3 = Good :}, 4 = Incredible :)

Answer	1	2	3	4	Number of Response(s)	Rating Score*
Registration					118	3.3
Packet Pickup					117	3.2
Pre-Race Activities					111	2.7
Start					116	3.1
Course					117	3.2
Gatorade Stops					116	3.2
Finish					114	3.3
Post-Race Food					114	3.2
Post-Race Activities					109	2.8

*The Rating Score is the weighted average calculated by dividing the sum of all weighted ratings by the number of total responses.

Please vote for the Best Gatorade Stop at the 2009 Williams Route 66 Quarter Marathon.

Answer	0%	100%	Number of Response(s)	Response Ratio
Gatorade Stop #1 at the Fire Station (Quarter Only)			23	21.4 %
Gatorade Stop #2 at 13th and Riverside (Quarter Only)			24	22.4 %
Gatorade Stop #3 at the BOK Center			18	16.8 %
Gatorade Stop #4 at Soundpony Lounge			32	29.9 %
No Response(s)			10	9.3 %
Totals			107	100%

Please vote for the best entertainment at the 2009 Williams Route 66 Quarter Marathon.

Answer	0%	100%	Number of Response(s)	Response Ratio
K-HITS at the Start Line			16	14.9 %
Dante Schmitz at the Hawks at the Fire Station (Quarter Only)			20	18.6 %
Marvin Roper at the Quarter Turnaround on Riverside (Quarter Only)			22	20.5 %
Athletic Sound at the BOK Center			17	15.8 %
III Fated at Soundpony Lounge			14	13.0 %
DJ Connection at the Finish Line			12	11.2 %
No Response(s)			6	5.6 %
Totals			107	100%

Is there anything else you would like us to know? Was there something in particular you enjoyed about our race or is there something we can do to make the Williams Route 66 Quarter Marathon better next year?

53 Response(s)

Please enter your contact information if you would like us to contact you about your experience at the 2009 Williams Route 66 Quarter Marathon. (Optional)

Answers	Number of Response(s)
First Name	27
Last Name	27
Company Name	7
Work Phone	12
Home Phone	14
Email Address	27

Constant Contact Survey Results

Survey Name: 2009 Quarter Marathon Participant Survey

Response Status: Partial & Completed

Filter: None

Aug 28, 2009 5:19:07 PM

4. Have you participated in past Route 66 Marathons? - Comments

Answer

I have run the quarter marathon in 2007 & 2008
2 times.

Half in 2008

Course was too hilly at the end.

Ran '06 Full & '07 & '08 half

2007 Quarter, 2008 Half

My first was last year

I have run the Relay, 1/2, Full, and Mayor's 5K.

2006 & 2007 Marathon

2008 Half Marathon

All 3

I really enjoyed participating in this race. Everyone who helped out, cheered us along the way, handed out water, and ran along beside me were awesome! I would love to do it

As a TAUW partner agency, I have served as an event volunteer.

1/2 Marathon November 2008

2008 Half Marathon

quarter only

The course was great! Nice mix of hills. The volunteers did an awesome job as well.

We are thinking about making this an every year event. My family and I also

participated in the family one-mile fun run and enjoyed that as well. If things go as

planned, we are going to be there in November for the half and 5k race. Thanks for all

I ran the quarter last year too...this one was much better!!

Just ran the half for the past 3 years

This was my first time to participate in the Rt 66 Quarter Marathon/5 k but it will not be the last one!

Marathon Relay and Quarter Marathon

excellent volunteers and mile markers. I loved that each person at the mile marker had a

stop watch and told me my time as I passed

Inaugural

5. Are you planning on participating in the 2009 Williams Route 66 Marathon this November? - Comments

Answer

This will be my 3rd time, 4th marathon overall.

Signed up for Full will likely move down to Half.

Yes, signed up for Full. Was going to do full last year, but had prostate surgery + radiation. Had a good half though:))

I would be if I wasn't running a marathon in December.

The half marathon. (My first!)

Signed up for the half as soon as I got home from the quarter!

First full

Looking forward to it. It will be my first half

Possibly

Will be out of town, but I would if I were here.

I can't participate because I will be out of town, which I'm very dissappointed about!

Not the marathon (I am doing the Nike Women's in San Francisco) but I will be running the 5K and helping at the finish.

Already registered

I'm going to participate in a race here in Oklahoma City in November. I try to avoid doing a lot of Sunday races due to missing church. The Memorial Marathon in OKC was my first race and I do plan to continue that one. I did the 5K and still didn't miss church!!

The Half Marathon
Running the San Antonio Rock and Roll
i'll be running the 1/2
This year I will run the 1/2 marathon.
I will run the 1/2 Marathon again in November 2009.
not sure at this time
I can't run that far.
2009 Full Marathon
Already committed to races in Oct and Dec.
I have several conflicts with the date; a week or two earlier in November would be much better for me
Maybe, if I'm ready to do it.
not ready; need training
Probably the half.
I dont know if I'm capable of doing the half marathon, but I am planning on completing we will not be in town.
Just running the half again. Running a different marathon 3 weeks later.
I think it will be an awesome time and I am looking forward to November!
Probably - but still deciding.
At least the 5k if not more
Considering as a backup if unable to attend San Antonio or if able to run a BQ in San

6. Please rate the 2009 Williams Route 66 Quarter Marathon. - Comments

Answer

No complaints really. I didn't notice any pre-race activities which is why I gave it the I volunteered after the Quarter Race and ended up directing folks who came out of the 'double' chute to get around the corner to the start of the 5K. It helped that I was about 30 feet beyond the chute and directed them to the foot path back over the original starting line. The folks at the double finish chute were telling them okay but folks seemed to need some help with directions as it got more and crowded with finishers of Registration could use signage not attached to tables because you can't see if people are lined in front of it.

The Gatorade tasted HORRIBLE!!!!!! It was way too watered down and had a weird aftertaste. It was disgusting!!!!

At first, the 5K time for me appeared to have been from the 8:30 start, but after a message to someone named Joe, it was adjusted.

The course kicked my butt, which is as it should be. Survey needs a "N/A" category -- wasn't sure how to rate the pre-race and post-race stuff, because I didn't really participate in it. What I saw of it looked OK, though.

The long hill and the bridge in the last mile need to be removed.

I came in last and there was still plenty of food and beer. Thanks!

Loved the coasters that the double finishers got. I am hoping we get one or can buy at the race in November.

very organized and race starts were on time! Thanks for all the work.

As a beginner at racing, I could have used another Gatorade stop in the first half of the Would be nice to have packet pickup more than one day.

The 3rd water stop was out of water and gatorade - this was very dissappointing Water had a funky taste at the only stop i took water instead of gatorade. tasted like a nes cooler or something.....bad taste.

I heard some complaints about the water stops on the 1/4 marathon. Word did not get out until late concerning late start time for 1/4 finishers allowed to do the 5K. This prevented some from entering the double. They knew they couldn't finish the 1/4 in The problem was finding your way from the end of the Quarter to the start of the 5K, you should dedicate someone to guide you in the right direction. Also it would be much better for walkers on a double event if you did the 5K first.

On the Pre-Race Activities I was standing in line for the ladies room so I have no clue what I missed!!! The Post-Race Activities...well, I grabbed a bagel, talked a few minutes, then my husband and I walked back to the hotel to clean-up and check out. Sorry... The course was great. Perfect mix of flat and moderate hills. Very fair. I thought the race was very well done. Plenty of water and gatorade at all the stops which is really nice when you're slow, like me. I've been in races where they've run out and it is not fun. All the signs were good too. Everything was very well organized which i thought everything was fabulous, although my only constructive criticism is that it would have been great to have more live music along the route, particularly at the two large hills. the music was so fun and motivating. i especially loved the older gentleman who was singing at mile 3. he was wonderful! thanks to all of you who put the race on. Everything overall was excellent but I wouldn't say incredible. The volunteers were great and the running crowd really fun and supportive. The course was awesome. Didn't notice any pre-race activities. Maybe I missed them somewhere.

Stayed for a little while after the 5K, but did not notice any post-race activities. Again, maybe I missed them and we did not stay for the award ceremonies, so maybe there was more.

And I should have stayed because I ended up getting 2nd in my age group! Next time I liked the music on the route and we can always use more! I was not aware of any before or after race activities? The race was great, good course.

I enjoyed the entire event!

One water stop was out of water after the turnaround...but otherwise plenty of water/gatorade on the course.

water stops were ran perfectly!!!!

This was my first race. I had an incredible time. I can definitely see why people get addicted to racing! Thanks so much!

To pick up race numbers, there were only 1-2 people behind the desk (in the race number section) and they had to flip through the entire stack of race numbers to find each participants name. It took a long time. Maybe the numbers could be separated into categories with more people there to help and it would be much quicker.

I wasn't sure which lane to run through at finish, but a gentleman did point me to the correct lane to run through.

Didn't participate in the pre-race activities.

It would have been nice to have more to do while waiting for the awards to be

Regardless, if you offer a service/opportunity you should follow-through with it!!!

absolutely loved someone reading your time as you ran by...loved the marathon photo

Need more portapotties, gatorade was out at one of the stations, I didn't realize there were any post-race activities, post-race food was lacking.

The gatorade stop on the river was out of what and gatorade when I went by. :(

Other than that it was a great event.

I had a great time!

I got a little confused with the transition from the quarter marathon to the 5K and I think that caused me a couple pf minutes. That's probably my fault though.

Course needs to be marked better - particularly the turns in the downtown area.

Not aware of post race activities.

Well done!

Didnt notice a lot of activities, but I didnt know what I was doing either.

7. Please vote for the Best Gatorade Stop at the 2009 Williams Route 66 Quarter Marathon. - Comments

Answer

The band was really good and the people were really into it.

I liked the live band, but basically they all gave me at timely drink.

Liked the spacing on the stops -- just about perfect. Were they different? I was half-dehydrated when I started the race, so all I really noticed was that some kind person was holding out a cup. Liked the band at the last one.

I don't do Gatorade in a race. Upsets my stomach.
They were all good.
All where good for me except for the one that ran out of water.
Did not do the 1/4
This is a hard question...everyone was so nice at each station.
All very good. Would not want to single one out.
loved being sprayed with the sprinkler!
They all did a good job.
all water stops were exceptional except the river side location ...
Everyone was so nice! I so appreciated all of the people who volunteered their time.
All good.
Liked having the live music near the stop
only stopped at the first gatorade station
I enjoyed every stop and am unable to determine the best.
I didn't stop @ any of these so I just chose one from the list! :)
Didn't really notice but the ones with the water hoses were my favorite!
all (stops)were good and the drinks were cold and not watered down
The music was great at the Bok center!!!
I beleive they all did a great job.
did not stop at any

8. Please vote for the best entertainment at the 2009 Williams Route 66 Quarter Marathon. - Comments

Answer

Marvin Roper music was honestly too slow and draggy for a run. Was a buzz-kill to energy... I get the link to Route 66, but it just doesn't translate to high energy running
Honestly, the only one I recall is the Soundpony group.
These guys were doing a Bottle Rockets cover when I passed. Being married to a huge Bottle Rockets fan and a former resident of the St. Louis area, I totally dug that.
Did not do the 1/4
They were playing Tom Petty. Who could top that?!?
Again, this is kind of hard. Since I'm not familiar with where I was to begin with...I don't even remember going by a lounge!!!! The Turnaround did have some slow country music...I heard a few groans from the crowd when we were in that area! I was so excited to SEE the finish line that I don't even remember what was being played. I do remember My iPod playlist. Sorry.
It was really close between Marvin Roper and IIIFated. They both put so much into the entertainment!
accually all the music was wonderful , the live bands were amazing and really help to encourage me and every one around me
It didn't seem like there was much music/entertainment along the course. I am planning on running the marathon in december and I would greatly appreciate more music esp on the hilly parts downtown and the long stretches of river
The music was great! It really helped to get me going!
More bands = better
Never saw/heard anything other than the radio stations. Where were they?! Would be nice to have more than just a dj, but I understand about advertising issues.
just liked the mixture of music
They were all great.
They watched my Gatorade while I ran the 5 K so they get my vote.
didn't spend much time at the other locations, however did enjoy the music as I passed
Enjoyed them all.
The sound system passing the BOK Center was nice but the races were to short to observe any on the course entertainment.

9. Is there anything else you would like us to know? Was there something in particular you enjoyed about our

Answer

I was hoping that there would be awards for the "Double" category where combined times for the quarter and the 5k were calculated. I would like to see where my total double time ranked when compared to others who ran the double.

I thought the course was fine. The rolling hills @ end were tough but that is Tulsa. Music throughout is good. Great event overall. One recommendation I would make is to add more length after finish line & before chip removal. I, & many other runners, can't just hit the breaks. Need to walk a bit before being forced to stop.

Better yet, get rid of Fleet Feet's chip system and utilize single-use chips like other major Wouldn't change a thing. Thoroughly enjoyed it. Great volunteers.

I don't believe there was enough water stops on the course. Normally this would not be a factor to me, as I have ran a number of marathons and Route 66 events. However I was recovering from a serious injury and it was humid. I got dehydrated and cramped up and had to pull out after about 4 1/2 miles. I only saw one water stop before I pulled out. It just sucked not to get a medal.

I was not happy to have to make a trip out to the Red Cross to pick up the packet. The message about long lines Sat morning strongly discouraged race day pickup. Good experience. Hills beat the crap out of me, but that's how I like it. Would definitely run it again. Porta-potties at the quarter turnaround would probably be a helpful addition Other than my previous comment I think it was a great event and I will likely run again Thanks for making sure the slowest walker felt like a part of the race - I had a blast! See you next year!

Water stops could be improved if the water and the gatorade would be in the same order on each stop.

Of course the beer was a great touch, shirts were adorable, would like a coaster :) It was nice of the coffee shop to let us in and use the restroom there. This was a very nice run. Yes it was a bit hilly, but good prep. Thanks for putting this together.

I was a little disappointed that I did not receive my medal at the end of the race. Other than that it was great. There was a personal atmosphere. I ran in Wichita's River run, 10k race. There were fewer water stops at that event than at route 66. You guys did a Loved the sprinklers. The hills were horrible though!

Make sure that all water stops have water and it would be nice to get the medal when I I had a lot of fun at the race.....You all keep improving each year and this new race is a great idea. I think it will get folks motivated to do the marathon in November.

Do the 5K first, then start the Quarter 45 minutes later, this allows walkers to fully participate. I did the double and the course barricades were down by the time we got to the 5K. Since the 5K started at 8:30am, most walkers didn't start the 5K until 9:00am, the course was already taken down.

I would just like to say "Thank-you" for all the hard work that goes into making these runs not only fun but successful. I'm still a runner in training and until they aren't fun any more I plan to continue to run!!

Absolutely wonderful weather for a run in August! Hills on course still kick my butt. Would have been nice to have 15 minutes more between 10K and 5K for "double." Race was organized very well!

Very well organized race. I'm looking forward to November to see your team in action again. Keep up the good work.

Packet pickup was a mess at 11:10 when I arrived. Hopefully they got their act together later in the day.

No chip times :(

Better direction for double participants between quarter & 5k, especially if you finish quarter after the 1:00 mark. Maybe move the finish line back a few yards and direct double participants to go right on elgin after finishing quarter to have a smooth transition into the 5k. Overall, great job as always.

Please make sure you don't run out of medals. My wife ran her first Quarter marathon on this run and was completely disappointed that she did not receive her medal at the finish line. Receiving a medal two months later loosed its excitement.

Less hills at the end! No, it was really good.

More port-a-johns would be nice! I got in line with plenty of time to spare, but the wait was about 20 minutes.

Not run out of medals! This was my first run longer than 5K & I was really upset to get to the finish line & not have a medal. I feel like it was poor planning & would rather pay more for a run to ensure I get my medal the day of than less and run this risk. I plan on running my first 1/2 marathon this fall Rt 66 & I hope there are enough medals. I thought that the organization was great. I was really impressed and will make sure to be back in November.

Love the Double set up. I was able to run the Quarter at my desired pace, then I was able to come back and run the 5K with my wife and pace her. It was her first race ever, so she wanted me to run with her. So we were both able to satisfy some running goals individually that day, and we had the chance to run together. Great idea!

The quick pace of calling off the winners was perfect.

just a quick note on water, the riverside water stop ran out of water .. what was frustrating is that they had water hoses and did not refill the water... I dont want to come off negative that not my goal but just to inform.. I am thankful for all the volunteers! Everything was great! Everyone did a fantastic job! Again thanks so much for making my first race such a memorable one!

I liked the fact that you gave all participants a finisher medal.

Good work!

I appreciate your deciding to put the quarter back in this year!!!

Too many hills LOL.....

First time I ever "Did the Double." I absolutely loved it.

Great race!

The "cheerleader" on the Cincinnati bridge was lame! Tell her to be genuine and be enthusiastic or stay home.

Luckily, the weather was permissible. Perhaps next year, the race can happen during a cooler month.

I enjoyed it immensely and am looking forward to doing it again next year.

If there were mile markers for Mile 1 and Mile 5, I missed them. Especially disappointing that there was no Mile 5 marker, in order to get a feel for how far along I was in the race.

The medals and bib numbers were really nice for being a first race. Maybe you could have a different color t-shirt for next year's race. Being an OU fan, I didn't care so much for the bright orange shirt! ;o)

I prefer to sign-up @ a store but other than that everything was pretty solid.

This my first race and i loved it, im a race walker and you all made it so easy race.

thank you daniel

I thought the staff at packet pick up was very stern. They all seemed stressed out and I think you all did a great job. Excellent concept. I am 66 years of age, but will continue to participate as long as I can.

I really enjoyed the race. I would like a couple of the Route66Marathon coasters I was not able to get, please tell me how. Thanks,Dan Simon.

for an inaugural race, i thought it went pretty well.

i would suggest expanding the awards to 6-10 deep.

the course was awesome, particularly including the portion run on the actual route 66, which could possibly use a little more marking to show those from out of town that they are on the actual route 66.

It was a great race!!! All the hills got me...so now I'm running more hills!!!!

Technical shirts. Add an additional double to your series so folks could do half and 10k as their"final" long run just prior to the marathon??

I like more goodies in the goody bag but the shirt made up for it as it was the best t-shirt I have ever gotten.

Track results for the double in addition to the individual events.

This was only the second race I have experienced, the other only being a 5K. I absolutely loved the Quarter Marathon! It was very well organized and I look forward to running in the half in November. Keep up the good work!

"The Double" offered a unique feature not offered at other races. However it would be nice if there was some notation of the participants even if there is no formal competition. Allows others to see how their times compared overall to the other participants.