

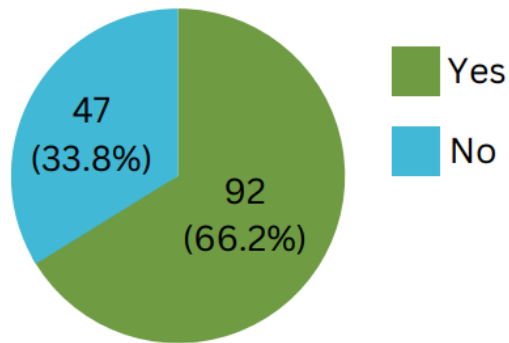


## Walking Competition 2023

### Participant Survey Highlights

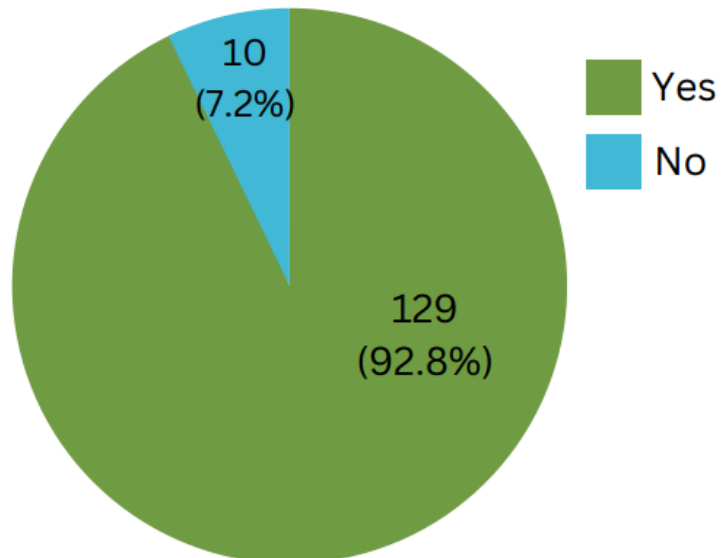
1.

Did you participate in the walking competition in previous years?

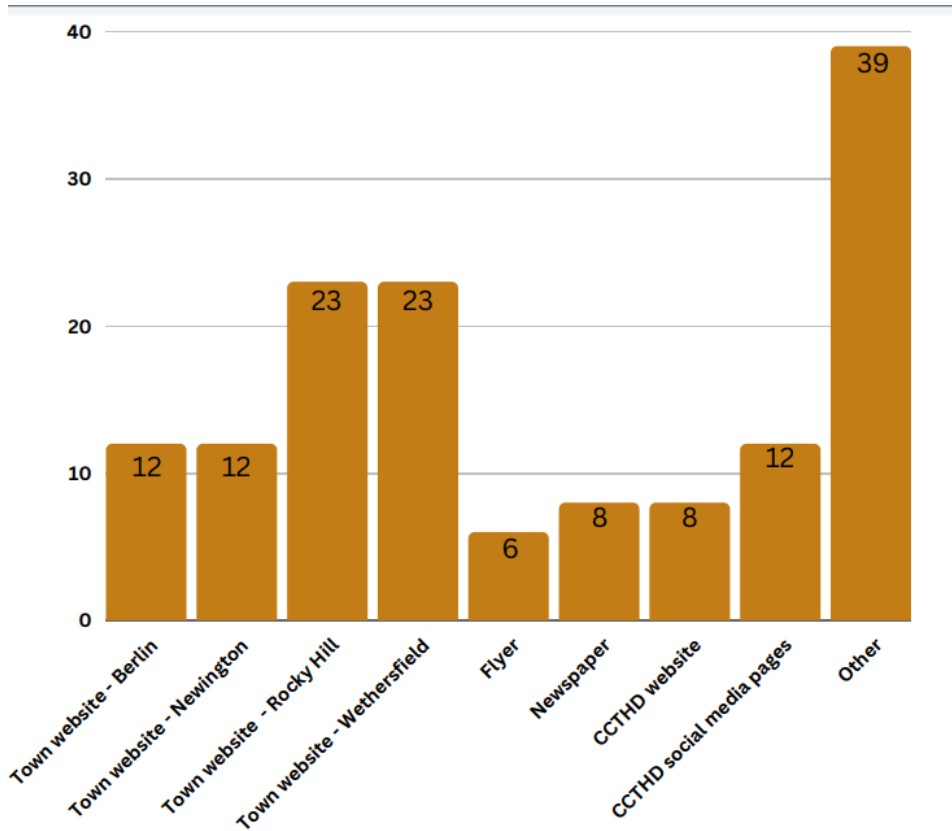


2.

Would you participate in the walking competition again?



3. Where did you hear about this competition? (Multiple answers accepted)



Answers about where else participants heard about the competition include:

- friends/neighbors
- town email/social media
- town staff
- town council meetings
- digital sign
- Parks & Rec social media

4. Where do you recommend we advertise this competition?

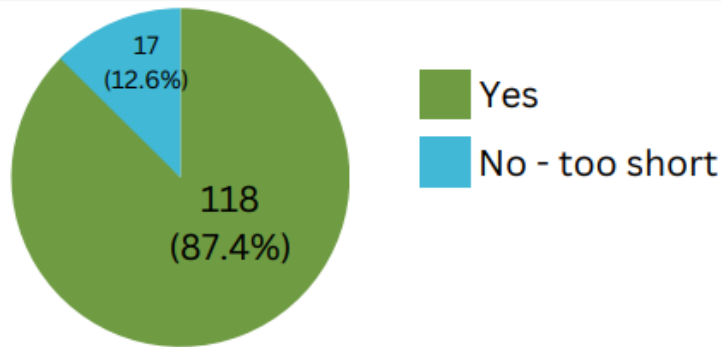
The responses that more than one person mentioned included:

- Town Facebook pages
- Rare Reminder
- Local businesses/community centers

- Schools,
- Doctor's offices
- Churches, Libraries

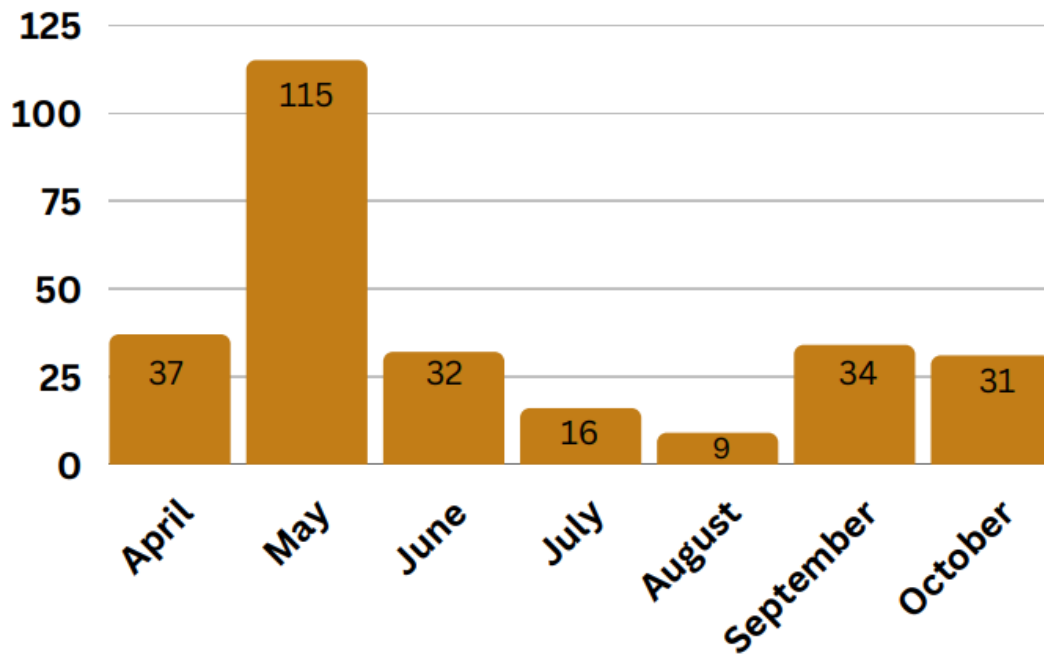
5.

Did the one-month duration of the competition work for you?

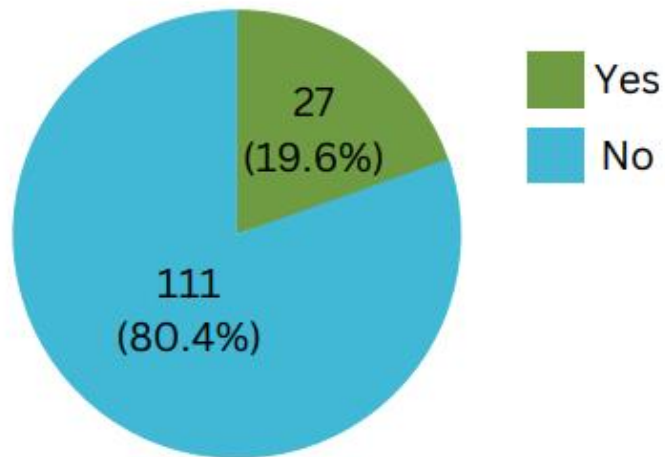


What time of year do you recommend we hold this competition?  
(Multiple answers accepted)

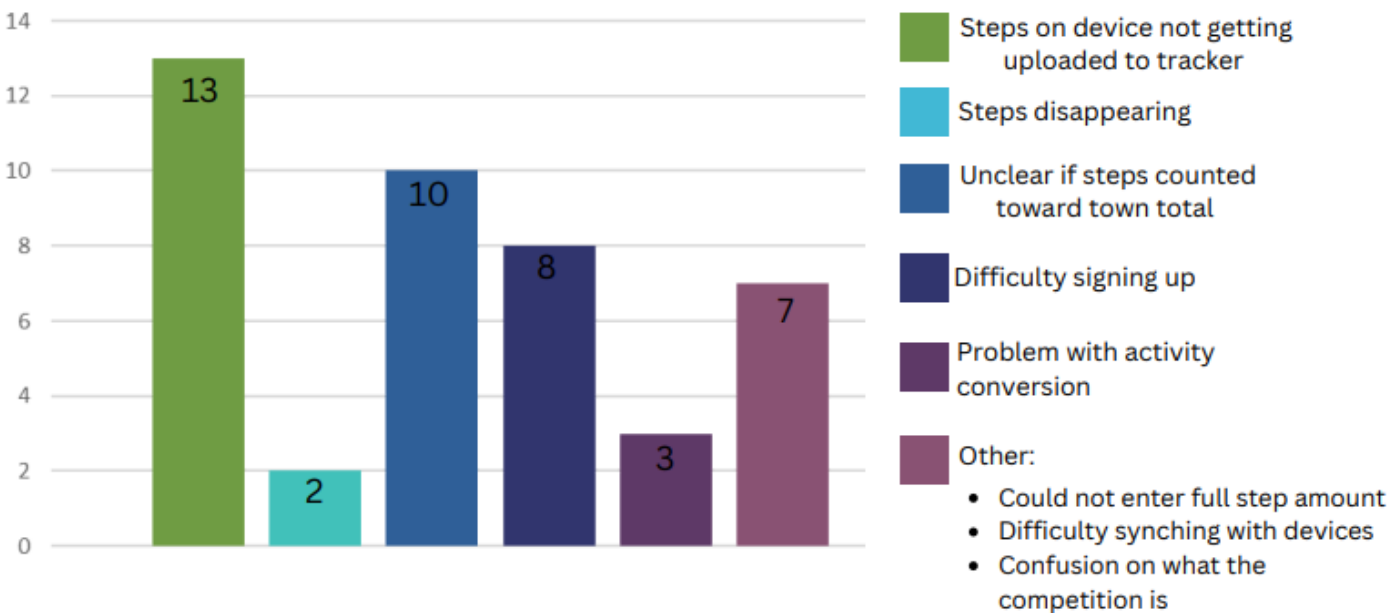
6.



7. Did you have problems using the Walking Tracker website/application?

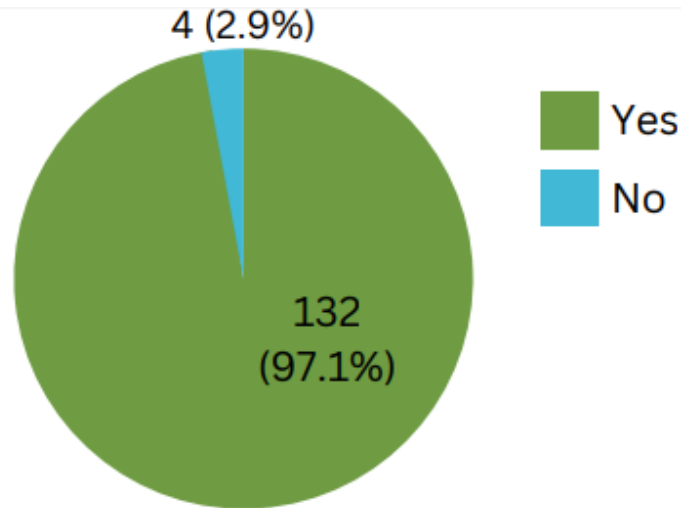


8. What problems did you have? (multiple answers accepted)



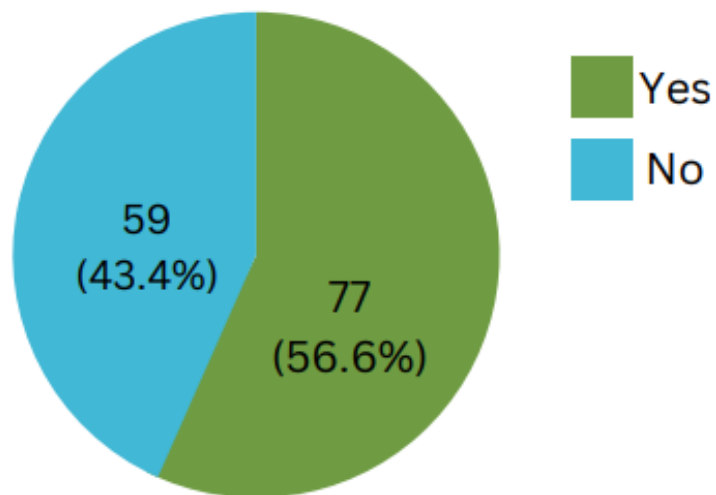
9. Do you plan to continue walking more despite the competition ending?

9.

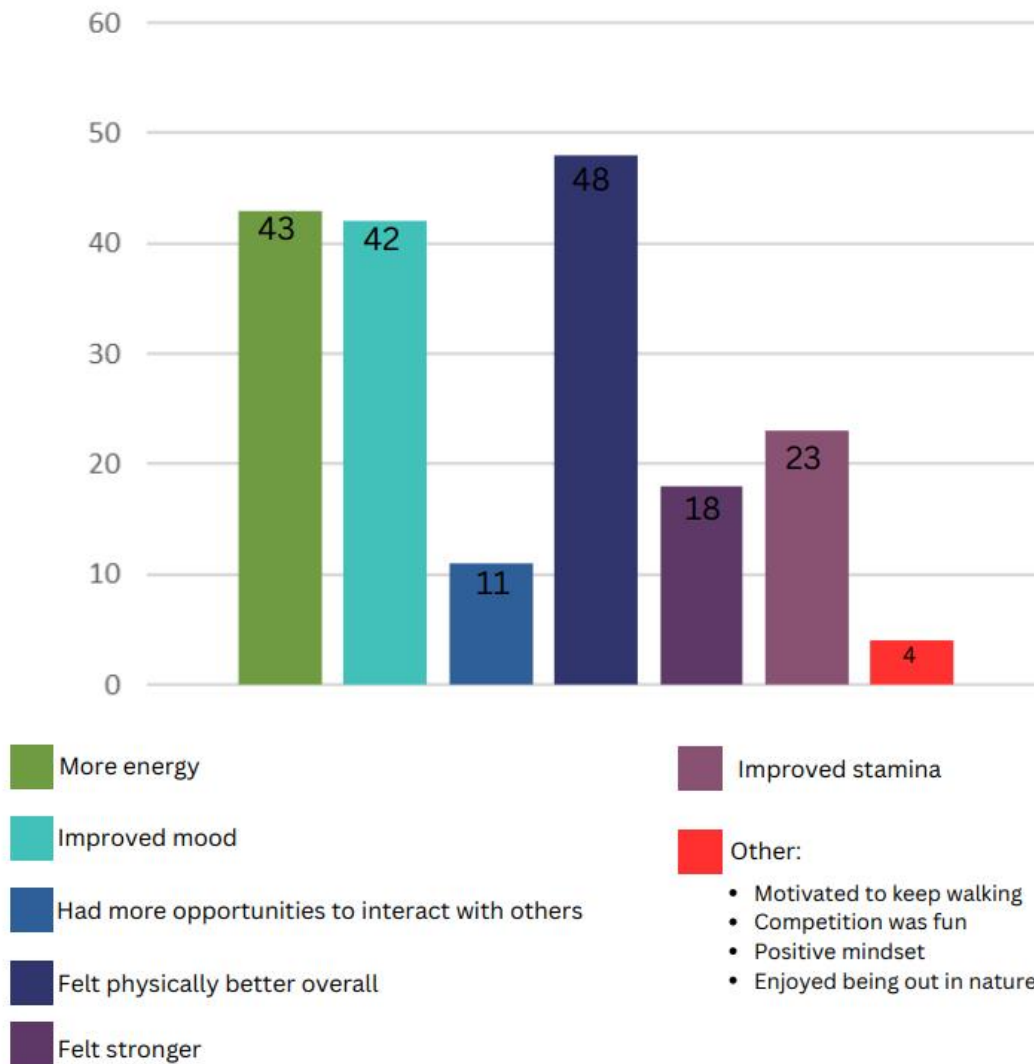


10. Have you seen or noticed any improvements to your physical or mental health since starting this competition? the competition ending?

10.



11. What benefits have you noticed? (Multiple answers accepted)



12. Do you have other suggestions? (This question received 44 responses.)

- **Winning team is not calculated fairly (n=7 or .5% of respondents)**
  - "Should be based on average per person"
  - "Calculate the winner based on the steps total not average" (that is the way it is calculated)
- **More rewards/incentive (n=7 or .5% of respondents)**



(Con't) Do you have other suggestions? (This question received 44 responses.)

- **There were positive responses (n=6 or .4% of respondents)**
  - "Keep at it!"
  - "I like the premise of this to encourage people to walk for health"
  - "I enjoy the walking competition very much"
  - "Great way to get town workers and community engaged and working together"
  - "It really got me out after work each day"
  - "I love these challenges"
- **App-specific changes (n=4 or .3% of respondents)**
  - "Only able to synch up for the first half of the competition"
  - "Should be easier to see the standings between towns:"
  - "Larger maps for towns to conquer"
- **Communication (n=4 or .3% of respondents)**
  - "More signs around town"
  - "Clearer instructions for recording information"
  - "Mayor or Town Council for their support"
  - "Start advertising earlier"
- **Scheduled walks (n=3 or .2% of respondents)**
  - "Offer weekly group walks"
  - "Plan/promote some routes around town"
- **Duration/timing (n=3 or .2% of respondents)**
  - "Gets to hot and humid"
  - "Would love a spring and fall competition"
- **More categories (n=3 or .2% of respondents)**
  - "Oldest age in the profile was 60"
  - "Separate group for bikers"
  - "Teams within the towns if possible"