Community Running Clubs' Use of Public Spaces: An Analysis of the

Psychology, Behaviors, and Outcomes of Long-Distance Running

Final Report
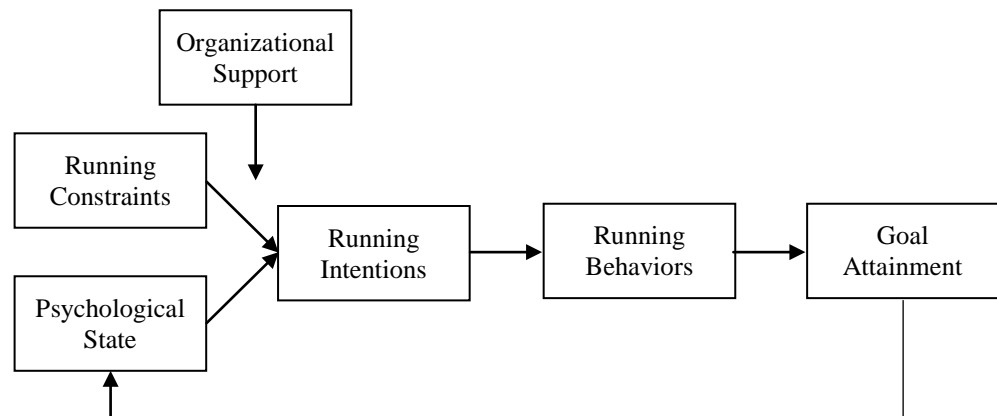
Dr. Leeann M. Lower, The Ohio State University

Dr. Thomas J. Aicher, University of Colorado - Colorado Springs

Project Objectives & Participating Agencies
The primary objective of the proposed project was to identify the determinants of physical activity and persistence within community running clubs to promote sustained physical activity across the lifespan. The proposed project focused on OPRAF's academic goal of examining the personal and social characteristics of leisure participation and values, within the context of long-distance running. The project had three aims (illustrated in Figure 1):
1. Determine the impact of environmental conditions (i.e., organizational support, running constraints) and individual psychological state on individual running intentions and behaviors.
2. Determine the impact of individual running intentions (indirectly) and behaviors (directly) on goal attainment within the context of long-distance running.
3. Explore how the distinct environmental conditions (i.e., organizational support, running constraints) and individual factors influencing goal attainment in long-distance running change over time.

Figure 1.
Conceptual Model

Dr. Leeann M. Lower is an Assistant Professor of Sport Management at The Ohio State University, with expertise in designing, delivering, and evaluating recreational sport programs. Dr. Lower researches in the areas of recreational sport motivation, commitment, behaviors, and outcomes, as well as organizational effectiveness of recreational sport programs.

Dr. Thomas J. Aicher is an Assistant Professor of Sport Management at the University of Colorado - Colorado Springs. His research agenda focuses on sport events, particularly individual's motivation to attend participatory events and the organizational structures to successfully create, manage, and market sustainable events that impact the community.

Cincinnati Marathon, Inc. is a non-profit 501(c)3 organization that hosts the Cincinnati Flying Pig Marathon – a national, fundraising event open to participants of all abilities.

Project Activities & Timeline
In partnership with community running clubs within the Cincinnati (i.e., HoRNT and Fleet Feet) and Columbus communities (Columbus Running Company and Columbus Eastside Running Club), data were collected over two 17-week periods. Participants were invited to complete five different online questionnaires pertaining to primary constructs of interest. For the first survey, participants were recruited through the clubs' listservs and social media pages, with all

subsequent surveys distributed by the researchers through e-mail with an online link provided. For each round of survey data collection, the researchers used a lottery system to randomly select one participant from each club to receive a $50 gift card incentive. The gift cards were primarily distributed in person at the running club meeting location. The following lists outline the data collection timeline for when each of the surveys were administered:

Cincinnati Flying Pig Marathon Data Collection
- 2/2/18 Survey sent via the two training clubs (i.e., Fleet Feet and HoRNT)
- 3/19/18 Survey 2 e-mail sent to those who responded to the first survey
- 4/10/18 Survey 3 initial e-mail sent to those who responded to the first survey
- 4/16/18 Survey 3 reminder e-mail sent to those who responded to the first survey
- 5/1/18 Survey 4 e-mail sent to those who responded to the first survey
- 5/29/18 Survey 5 initial e-mail sent to those who responded to the first survey
- 6/5/18 Survey 5 reminder sent to those who responded to the first survey

Columbus Marathon Data Collection
- 7/15/18 Survey sent via the two training clubs (i.e., CRC and CERC)
- 8/19/18 Survey 2 initial e-mail sent to those who responded to the first survey
- 8/26/18 Survey 2 reminder e-mail sent to those who responded to the first survey
- 9/22/18 Survey 3 initial e-mail sent to those who responded to the first survey
- 10/1/18 Survey 3 reminder e-mail sent to those who responded to the first survey
- 10/16/18 Survey 4 e-mail sent to those who responded to the first survey
- 11/13/18 Survey 5 initial e-mail sent to those who responded to the first survey
- 11/20/18 Survey 5 reminder sent to those who responded to the first survey

As data collection was extended through November of 2018, the researchers have employed descriptive statistics to provide preliminary outcomes in this final report. Future inferential statistics to be conducted include a series of statistical multi-level models to examine the differences within and between participants, as well as across time, while accounting for the effect of the community running clubs.

Preliminary Outcomes & Impact
The proposed project will inform recreation programs and administrators of critical determinants of physical activity and persistence in running to ultimately enable programs to increase and retain participants, attract unreached populations, and facilitate physical activity programming designed to enhance public health. In addition, the results of the proposed project will provide evidence of the impact of public recreation on community health and wellness and justify the preservation of natural resources available for public recreation use, impacting the public land management decision-making process. Specific agencies that will benefit from the project include OPRAF, Cincinnati Marathon, Inc., Cincinnati Recreation Commission, and Wasson Way Project, as well as the HoRNT, Fleet Feet, Columbus Eastside Running Club, and Columbus Running Company running clubs that will receive a report of key findings.

Preliminary results of the variables of interest captured in Survey 1, 2, 3, 4, and/or 5 are outlined in Table 1. Please see the separate Technical Report provided for a comprehensive review of the preliminary outcomes of the project.

Table 1. Preliminary Results

Variables		Survey 1		Survey 2		Survey 3		Survey 4		Survey 5	
		n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)
Community Sport Club Capacity	Operations			106	**6.18** (0.96)			54	**6.23** (0.84)		
	Programs/Services			106	**6.01** (1.10)			54	**5.94** (1.11)		
	Community Presence			106	**5.92** (1.19)			54	**6.10** (1.07)		
Leader Autonomy Support				104	**5.86** (1.11)			54	**5.83** (1.10)		
Organizational Climate	Task Motivational Climate			104	**5.81** (0.96)			54	**5.74** (1.10)		
	Ego Motivational Climate			104	**1.55** (0.82)			54	**1.48** (0.84)		
Recreation and Leisure Constraints	Park Constraints	136	**3.25** (1.27)			105	**3.02** (1.27)			80	**2.89** (1.24)
	Interpersonal Constraints	127	**2.62** (1.40)			102	**2.53** (1.27)			80	**2.79** (1.17)
	Intrapersonal Constraints	127	**2.33** (0.97)			102	**2.10** (.74)			80	**2.24** (0.81)
	Structural Constraints	127	**1.75** (1.04)			102	**1.56** (.72)			80	**1.59** (0.77)
Sport Motivation	Intrinsic Regulation	127	**5.54** (1.22)			101	**5.60** (1.17)			80	**5.71** (1.18)
	Integrated Regulation	127	**5.35** (1.48)			101	**5.35** (1.33)			80	**5.51** (1.26)
	Identified Regulation	127	**5.67** (1.27)			101	**5.86** (1.22)			80	**5.76** (1.25)
	Introjected Regulation	127	**4.81** (1.16)			101	**4.99** (1.12)			80	**4.82** (1.18)
	External Regulation	127	**1.98** (1.40)			101	**1.87** (1.35)			80	**2.07** (1.57)
	Amotivated regulation	127	**1.40** (.75)			101	**1.54** (1.05)			80	**1.67** (1.15)
General Self-Efficacy		125	**5.38** (0.86)			101	**5.51** (0.78)			80	**5.53** (0.83)
Sport Club Commitment		132	**6.07** (1.07)			97	**6.08** (0.89)			77	**6.04** (1.17)

Note. Calculations are based on a 7-point scale

Subsequent Plans

Now that the project is complete, the researchers will disseminate the results to educate key stakeholders on the benefits of parks and recreation. The researchers will contribute to the body of knowledge through publications and presentations so that recreation programs across the nation, and faculty training future recreation administrators and policy makers, can make informed decisions related to the organization, administration, and regulation of recreation programs to enhance public health and conserve recreation spaces. Targeted journal outlets include *Research Quarterly for Exercise and Sport, Journal of Leisure Studies, and Journal of Sport Management*, and presentation outlets include the OPRA Conference and Trade Show, The Academy of Leisure Conference, and the North American Society for Sport Management Conference.

The researchers will continue this line of inquiry by investigating specific runner motivations, behaviors, and constraints specific to usage of public parks and trails. Building off this line of inquiry, the researchers intend to explore how runners utilize and treat public parks and trails. Additionally, the researchers intend to translate the conceptual model from this project (Figure 1) for the collegiate sport club context to examine recreational athlete motivations, behaviors, and constraints on college campuses.

Expenses Incurred

Table 2 reflects the original budget items requested, the expenses incurred, and the funds returned to OPRAF.

Table 2. Budget

Budget Item	Description	Estimated Cost	Expenses Incurred	Returned Funds
Travel Costs				
Travel	Travel to running clubs to distribute research incentives	$173.00	$161.59	$11.41
Participant Costs				
Research Incentive	$50 gift card per running club per survey (estimated 5 running clubs)	$1,250.00	$1,000.00	$250.00
Software Costs				
Statistics Software	STATA/SE software	$395.00	$395.00	$0
Indirect Costs				
Indirect Costs	Facilities and administrative costs	$182.00	$155.66	$26.34
Total		**$2,000.00**	**$1,712.25**	**$287.75**

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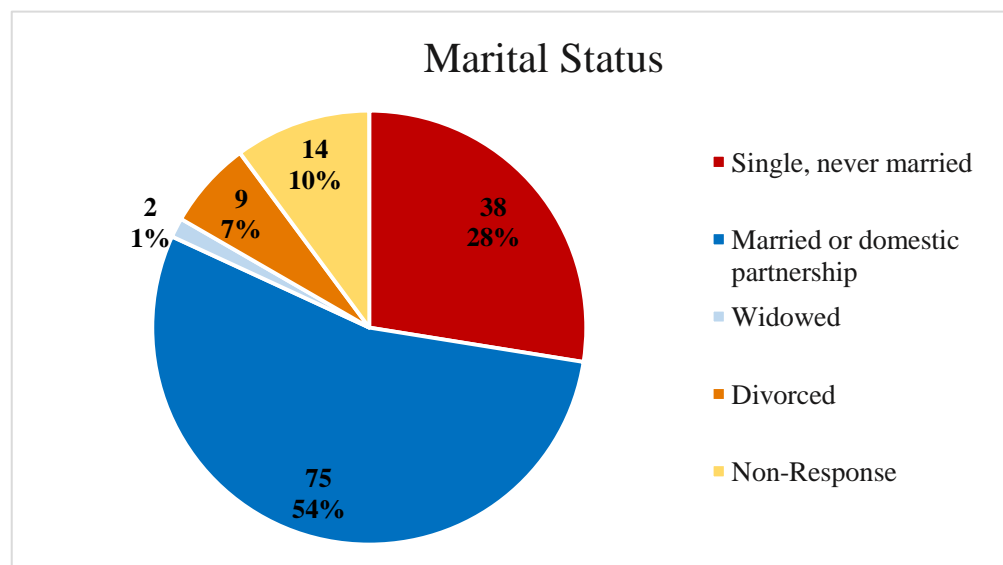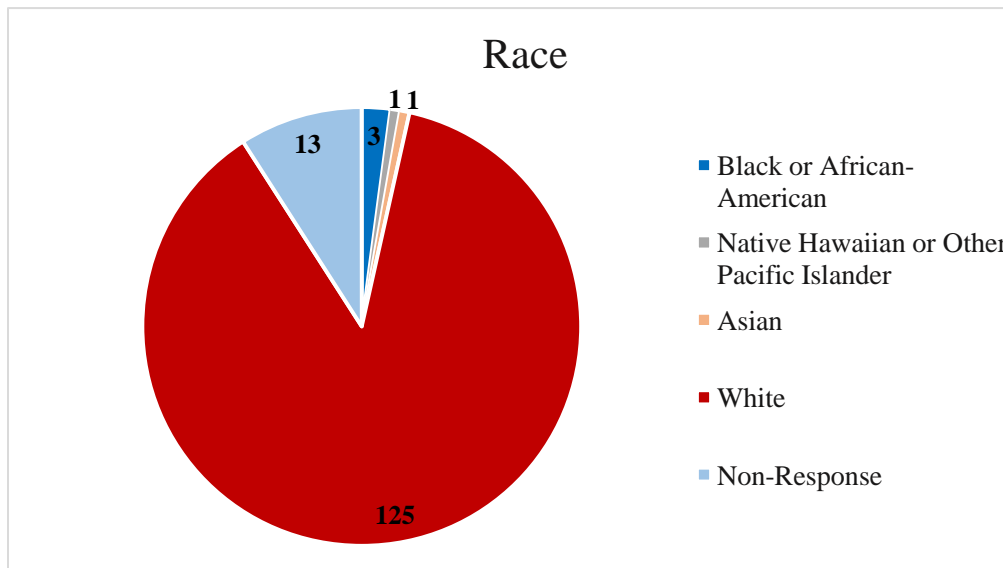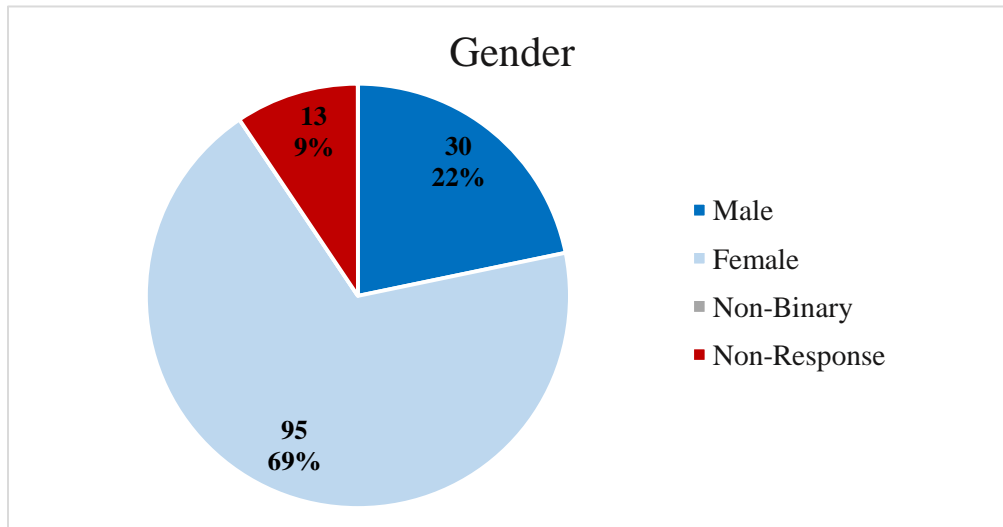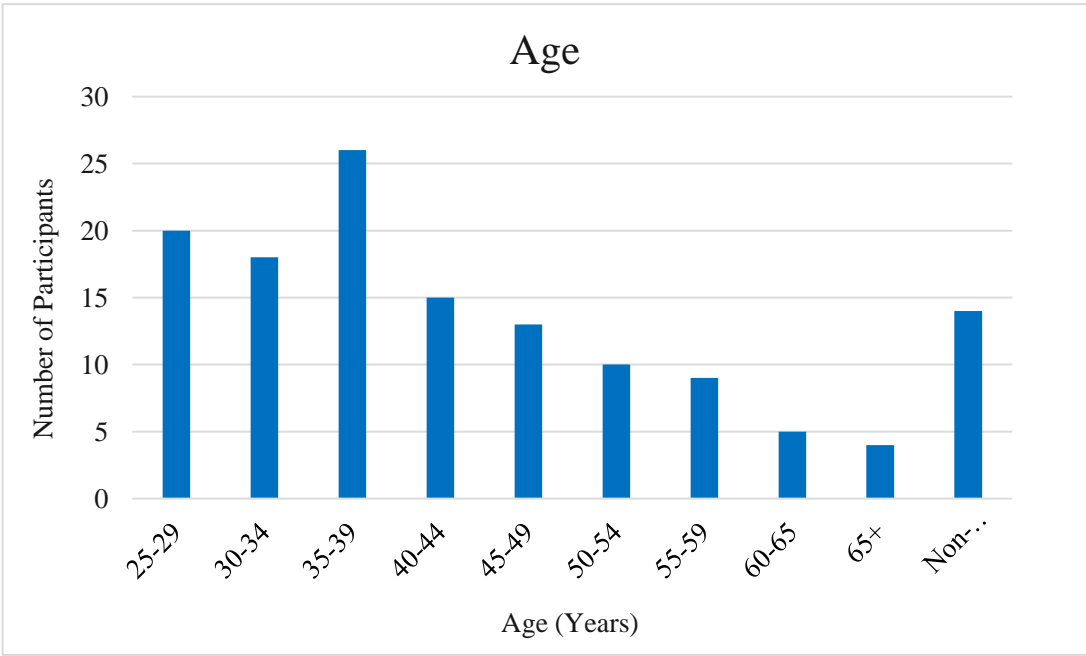
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With the assistance of Ms. Shea Brgoch, The Ohio State University

Demographics

Gender

- **Male** — 30, 22%
- **Female** — 95, 69%
- **Non-Binary**
- **Non-Response** — 13, 9%

Race

- **Black or African-American** — 3
- **Native Hawaiian or Other Pacific Islander** — 1
- **Asian** — 1
- **White** — 125
- **Non-Response** — 13

Marital Status

- **Single, never married** — 38, 28%
- **Married or domestic partnership** — 75, 54%
- **Widowed** — 2, 1%
- **Divorced** — 9, 7%
- **Non-Response** — 14, 10%

Annual Income

- Less than $39,999
- $40,000-$59,999
- $60,000-$79,999
- $80,000-$99,999
- $100,000-$149,000
- $150,000+
- Non-Response

Age

Number of Participants

Age (Years)

Running History

Factor Means

		Survey 1		Survey 2		Survey 3		Survey 4		Survey 5	
		n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)
Community Sport Club Capacity	Operations			106	**6.18** (0.96)			54	**6.23** (0.84)		
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Organizational Climate	Task Motivational Climate			104	**5.81** (0.96)			54	**5.74** (1.10)		
	Ego Motivational Climate			104	**1.55** (0.82)			54	**1.48** (0.84)		
Recreation and Leisure Constraints	Park Constraints	136	**3.25** (1.267			105	**3.02** (1.27)			80	**2.89** (1.24)
	Interpersonal Constraints	127	**2.62** (1.40)			102	**2.53** (1.27)			80	**2.79** (1.17)
	Intrapersonal Constraints	127	**2.33** (0.97)			102	**2.10** (0.74)			80	**2.24** (0.81)
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	External Regulation	127	**1.98** (1.40)			101	**1.87** (1.35)			80	**2.07** (1.57)
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General Self-Efficacy		125	**5.38** (0.86)			101	**5.51** (0.78)			80	**5.53** (.83)
Sport Club Commitment		132	**6.07** (1.07)			97	**6.08** (0.89)			77	**6.04** (1.17)

Survey 1

Recreation and Leisure Constraints (Park)

How much does each of the following factors limit your use of community or neighborhood parks?	n	Mean	SD	Non-Response
Location of parks	**136**	**4.23**	**2.101**	
Cincinnati	*76*	*4.30*	*2.154*	2
Columbus	*60*	*4.13*	*2.046*	
Fear of physical assault	**136**	**3.66**	**2.091**	
Cincinnati	*76*	*3.68*	*2.162*	2
Columbus	*60*	*3.63*	*2.017*	
Maintenance of facility	**134**	**3.56**	**1.910**	
Cincinnati	*74*	*4.04*	*1.890*	4
Columbus	*60*	*2.97*	*1.775*	
Fear of crime	**136**	**3.85**	**2.013**	
Cincinnati	*76*	*3.95*	*2.045*	2
Columbus	*60*	*3.73*	*1.982*	
No one to go with	**134**	**3.86**	**1.966**	
Cincinnati	*74*	*4.18*	*1.989*	4
Columbus	*60*	*3.47*	*1.882*	
Lack of time	**136**	**4.12**	**1.801**	
Cincinnati	*76*	*4.26*	*1.843*	2
Columbus	*60*	*3.93*	*1.745*	
Overcrowded park	**136**	**2.96**	**1.772**	
Cincinnati	*76*	*3.38*	*1.862*	2
Columbus	*60*	*2.42*	*1.499*	
Availability of facilities	**136**	**3.49**	**1.814**	
Cincinnati	*76*	*3.80*	*1.925*	2
Columbus	*60*	*3.10*	*1.591*	
Gang activity in park	**136**	**3.29**	**2.373**	
Cincinnati	*76*	*4.03*	*2.422*	2
Columbus	*60*	*2.37*	*1.966*	
Alcohol/drugs in park	**136**	**3.36**	**2.295**	
Cincinnati	*76*	*4.00*	*2.366*	2
Columbus	*60*	*2.55*	*1.935*	
Lighting in the parks	**136**	**4.06**	**2.142**	
Cincinnati	*76*	*4.70*	*2.033*	2
Columbus	*60*	*3.25*	*2.014*	
Lack of green space	**134**	**3.10**	**1.905**	
Cincinnati	*74*	*3.49*	*1.932*	4
Columbus	*60*	*2.63*	*1.775*	
Landscaping and trees	**136**	**3.03**	**1.817**	
Cincinnati	*76*	*3.18*	*1.816*	2
Columbus	*60*	*2.83*	*1.815*	

Note. Calculations are based on a 7-point scale

Recreation and Leisure Constraints (continued)

How much does each of the following factors limit your use of community or neighborhood parks?	n	Mean	SD	Non-Response
Lack of transportation	**135**	**1.81**	**1.417**	
Cincinnati	*75*	*1.84*	*1.366*	3
Columbus	*60*	*1.77*	*1.489*	
Confrontation with others	**136**	**2.57**	**2.010**	
Cincinnati	*76*	*2.96*	*2.187*	2
Columbus	*60*	*2.08*	*1.650*	
Feeling unwelcome	**135**	**2.57**	**1.938**	
Cincinnati	*76*	*3.00*	*2.191*	3
Columbus	*59*	*2.02*	*1.383*	
Fear of sexual assault	**135**	**3.54**	**2.198**	
Cincinnati	*75*	*3.69*	*2.230*	3
Columbus	*60*	*3.35*	*2.161*	
Don't offer activities you want	**135**	**2.70**	**1.780**	
Cincinnati	*75*	*2.87*	*1.884*	3
Columbus	*60*	*2.48*	*1.631*	
Fear of racial conflict	**135**	**1.95**	**1.468**	
Cincinnati	*75*	*2.19*	*1.722*	3
Columbus	*60*	*1.65*	*1.005*	
Other	**39**	**1.64**	**1.367**	
Cincinnati	*19*	*1.95*	*1.747*	99
Columbus	*20*	*1.35*	*.813*	

Note. Calculations are based on a 7-point scale

Recreation and Leisure Constraints (Run)

To what degree did each of the following reasons impact the amount of time you spent running in the past month?	n	Mean	SD	Non-Response
Too busy with family	**127**	**3.50**	**2.104**	
Cincinnati	*70*	*3.30*	*2.142*	11
Columbus	*57*	*3.74*	*2.049*	
Lack of energy	**127**	**3.42**	**1.669**	
Cincinnati	*70*	*3.57*	*1.707*	11
Columbus	*57*	*3.23*	*1.615*	
Costs too much	**127**	**1.59**	**1.072**	
Cincinnati	*70*	*1.69*	*1.084*	11
Columbus	*57*	*1.47*	*1.054*	
Feeling guilty	**127**	**2.70**	**1.870**	
Cincinnati	*70*	*2.81*	*1.928*	11
Columbus	*57*	*2.56*	*1.803*	
Lack of skill	**126**	**1.73**	**1.229**	
Cincinnati	*70*	*1.79*	*1.238*	12
Columbus	*56*	*1.66*	*1.225*	
Safety and security concerns	**126**	**1.99**	**1.417**	
Cincinnati	*70*	*2.30*	*1.636*	12
Columbus	*56*	*1.61*	*.966*	
Physical disability	**127**	**1.61**	**1.426**	
Cincinnati	*70*	*1.59*	*1.479*	11
Columbus	*57*	*1.63*	*1.371*	
Lack of time	**127**	**4.13**	**1.912**	
Cincinnati	*70*	*4.13*	*1.926*	11
Columbus	*57*	*4.14*	*1.913*	
Poor health	**126**	**1.89**	**1.460**	
Cincinnati	*69*	*2.01*	*1.595*	12
Columbus	*57*	*1.74*	*1.275*	
Lack of self-confidence	**126**	**1.76**	**1.347**	
Cincinnati	*69*	*1.86*	*1.353*	12
Columbus	*57*	*1.65*	*1.343*	
Not in shape	**127**	**2.00**	**1.579**	
Cincinnati	*70*	*1.99*	*1.565*	11
Columbus	*57*	*2.02*	*1.609*	
Don't know anyone else participating	**127**	**1.74**	**1.497**	
Cincinnati	*70*	*1.73*	*1.424*	11
Columbus	*57*	*1.75*	*1.596*	
Too much planning involved	**127**	**1.68**	**1.259**	
Cincinnati	*70*	*1.73*	*1.273*	11
Columbus	*57*	*1.61*	*1.250*	
No suitable place	**127**	**1.63**	**1.214**	
Cincinnati	*70*	*1.76*	*1.279*	11
Columbus	*57*	*1.47*	*1.120*	
Other	**30**	**2.37**	**2.173**	
Cincinnati	*15*	*2.20*	*2.007*	108
Columbus	*15*	*2.53*	*2.386*	

Note. Calculations are based on a 7-point scale

Sport Club Commitment

To what extent do each of the following items reflect your relationship with the running club?	n	Mean	SD	Non-Response
How proud are you to tell other people that you run in your club?	**132**	**6.35**	**1.119**	
Cincinnati	*75*	*6.44*	*1.106*	6
Columbus	*57*	*6.23*	*1.134*	
Do you want to keep running with your club?	**132**	**6.48**	**1.007**	
Cincinnati	*75*	*6.49*	*.991*	6
Columbus	*57*	*6.47*	*1.037*	
How dedicated are you to running in your club?	**132**	**6.08**	**1.296**	
Cincinnati	*75*	*6.07*	*1.298*	6
Columbus	*57*	*6.11*	*1.305*	
What would you be willing to do to keep running in your club?	**128**	**5.78**	**1.261**	
Cincinnati	*72*	*5.86*	*1.259*	10
Columbus	*56*	*5.68*	*1.266*	
How hard would it be for you to quit your club?	**132**	**5.51**	**1.655**	
Cincinnati	*75*	*5.64*	*1.548*	6
Columbus	*57*	*5.33*	*1.786*	
How determined are you to keep running in your club?	**132**	**6.23**	**1.176**	
Cincinnati	*75*	*6.27*	*1.107*	6
Columbus	*57*	*6.18*	*1.269*	

Note. Calculations are based on a 7-point scale

Goal Difficulty

Using the following scale, please rate the difficulty of each of your goals.	n	Mean	SD	Non-Response
Goal 1	**130**	**4.67**	**1.663**	
Cincinnati	*71*	*5.01*	*1.526*	8
Columbus	*59*	*4.25*	*1.738*	
Goal 2	**122**	**4.33**	**1.556**	
Cincinnati	*70*	*4.49*	*1.558*	16
Columbus	*52*	*4.12*	*1.542*	
Goal 3	**101**	**4.28**	**1.727**	
Cincinnati	*60*	*4.47*	*1.732*	37
Columbus	*41*	*4.00*	*1.703*	
Goal 4	**72**	**3.81**	**1.889**	
Cincinnati	*40*	*4.18*	*2.011*	66
Columbus	*32*	*3.34*	*1.638*	

Note. Calculations are based on a 7-point scale

Running Intentions

Using the following scale, please rate the difficulty of each of your goals.	n	Mean	SD	Non-Response
Over the next month, how many miles each week do you plan to run?	**129**	**26.20**	**12.376**	9
Cincinnati	*71*	*27.06*	*9.640*	
Columbus	*58*	*25.15*	*15.092*	
Over the next month, how many club training runs do you plan to attend each week?	**125**	**3.18**	**4.246**	13
Cincinnati	*71*	*3.13*	*3.588*	
Columbus	*54*	*3.25*	*4.986*	
Over the next month, how many club training activities do you plan to attend each week?	**106**	**1.85**	**2.022**	32
Cincinnati	*66*	*2.32*	*2.300*	
Columbus	*40*	*1.08*	*1.095*	
Over the next month, how many club social activities do you plan to attend?	**98**	**1.30**	**1.490**	40
Cincinnati	*60*	*1.69*	*1.530*	
Columbus	*38*	*.68*	*1.205*	

Sport Motivation

I participate in running because…	n	Mean	SD	Non-Response
It gives me pleasure to learn about running	**127**	**5.51**	**1.463**	11
Cincinnati	*70*	*5.71*	*1.426*	
Columbus	*57*	*5.26*	*1.482*	
It is very interesting to learn how I can improve	**127**	**5.79**	**1.270**	11
Cincinnati	*70*	*5.93*	*1.300*	
Columbus	*57*	*5.61*	*1.221*	
Running reflects who I am	**127**	**5.51**	**1.469**	11
Cincinnati	*70*	*5.50*	*1.492*	
Columbus	*57*	*5.53*	*1.453*	
Though running, I am living in line with my deepest principles	**127**	**4.98**	**1.727**	11
Cincinnati	*70*	*4.97*	*1.785*	
Columbus	*57*	*5.00*	*1.669*	
Participating in running is an integral part of my life	**126**	**5.53**	**1.648**	12
Cincinnati	*69*	*5.41*	*1.718*	
Columbus	*57*	*5.68*	*1.560*	
It is one of the best ways I have chosen to develop other aspects of myself	**127**	**5.70**	**1.444**	11
Cincinnati	*70*	*5.67*	*1.481*	
Columbus	*57*	*5.74*	*1.408*	

Note. Calculations are based on a 7-point scale

Sport Motivation (continued)

I participate in running because…	n	Mean	SD	Non-Response
I have chosen this sport to develop myself	**126**	**5.60**	**1.352**	
Cincinnati	*69*	*5.68*	*1.323*	12
Columbus	*57*	*5.49*	*1.390*	
I find it is a good way to develop aspects of myself that I value	**127**	**5.70**	**1.329**	
Cincinnati	*70*	*5.69*	*1.410*	11
Columbus	*57*	*5.72*	*1.236*	
I would feel bad about myself if I did not take the time to do it	**127**	**4.87**	**1.856**	
Cincinnati	*70*	*4.87*	*1.918*	11
Columbus	*57*	*4.88*	*1.794*	
I feel better about myself when I do	**127**	**6.49**	**.765**	
Cincinnati	*70*	*6.61*	*.644*	11
Columbus	*57*	*6.33*	*.873*	
I would not feel worthwhile if I did not	**127**	**3.06**	**1.831**	
Cincinnati	*70*	*2.99*	*1.853*	11
Columbus	*57*	*3.14*	*1.817*	
People I care about would be upset with me if I did not	**127**	**2.08**	**1.611**	
Cincinnati	*70*	*2.36*	*1.826*	11
Columbus	*57*	*1.74*	*1.232*	
I think others would disapprove of me if I did not	**126**	**1.88**	**1.395**	
Cincinnati	*69*	*2.12*	*1.471*	12
Columbus	*57*	*1.60*	*1.252*	
I used to have good reasons for running, but now I am asking myself if I should continue	**127**	**1.56**	**1.159**	
Cincinnati	*70*	*1.66*	*1.166*	11
Columbus	*57*	*1.44*	*1.150*	
I don't know anymore; I have the impression that I am incapable of succeeding in running	**127**	**1.37**	**.843**	
Cincinnati	*70*	*1.39*	*.856*	11
Columbus	*57*	*1.35*	*.834*	
It is not clear to me anymore; I don't really think my place is in running	**127**	**1.26**	**.669**	
Cincinnati	*70*	*1.27*	*.700*	11
Columbus	*57*	*1.25*	*.635*	
I find it enjoyable to discover new performance strategies	**127**	**5.32**	**1.598**	
Cincinnati	*70*	*5.50*	*1.577*	11
Columbus	*57*	*5.11*	*1.611*	

Note. Calculations are based on a 7-point scale

Self-Efficacy

To what extend do each of the following items reflect you?	n	Mean	SD	Non-Response
I can always manage to solve difficult problems if I try hard enough	**125**	**5.86**	**.989**	
Cincinnati	*70*	*5.90*	*.887*	13
Columbus	*55*	*5.80*	*1.112*	
If someone opposes me, I can find the means and ways to get what I want	**125**	**4.43**	**1.382**	
Cincinnati	*70*	*4.63*	*1.287*	13
Columbus	*55*	*4.18*	*1.467*	
It is easy for me to stick to my aims and accomplish my goals	**125**	**5.14**	**1.189**	
Cincinnati	*70*	*5.16*	*1.150*	13
Columbus	*55*	*5.13*	*1.248*	
I am confident that I could deal efficiently with unexpected events	**125**	**5.24**	**1.194**	
Cincinnati	*70*	*5.19*	*1.207*	13
Columbus	*55*	*5.31*	*1.184*	
Thanks to my resourcefulness, I know how to handle unforeseen situations	**125**	**5.37**	**1.154**	
Cincinnati	*70*	*5.41*	*1.123*	13
Columbus	*55*	*5.31*	*1.200*	
I can solve most problems if I invest the necessary effort	**123**	**5.84**	**1.051**	
Cincinnati	*69*	*5.81*	*.959*	15
Columbus	*54*	*5.87*	*1.166*	
I can remain calm when facing difficulties because I can rely on my coping abilities	**125**	**5.36**	**1.167**	
Cincinnati	*70*	*5.34*	*1.190*	13
Columbus	*55*	*5.38*	*1.147*	
When I am confronted with a problem, I can usually find several solutions	**125**	**5.39**	**1.077**	
Cincinnati	*70*	*5.44*	*1.016*	13
Columbus	*55*	*5.33*	*1.156*	
If I am in trouble, I can usually think of a solution	**125**	**5.52**	**1.029**	
Cincinnati	*70*	*5.56*	*1.016*	13
Columbus	*55*	*5.47*	*1.052*	
I can usually handle whatever comes my way	**125**	**5.66**	**1.063**	
Cincinnati	*70*	*5.67*	*1.032*	13
Columbus	*55*	*5.64*	*1.112*	

Note. Calculations are based on a 7-point scale

Survey 2

Community Sport Club Capacity

To what extend does each of the following statements describe your running club	n	Mean	SD	Non-Response
Operations				
Our club is well organized	**106**	**6.27**	**.952**	
Cincinnati	*66*	*6.21*	*1.089*	21
Columbus	*40*	*6.37*	*.667*	
Day-to-day operations of the club are effective	**106**	**5.97**	**1.183**	
Cincinnati	*66*	*5.98*	*1.196*	21
Columbus	*40*	*5.95*	*1.176*	
Our club is run effectively	**106**	**6.25**	**1.067**	
Cincinnati	*66*	*6.18*	*1.189*	21
Columbus	*40*	*6.35*	*.834*	
Our club provides programs in a positive environment	**106**	**6.37**	**.939**	
Cincinnati	*66*	*6.30*	*.992*	21
Columbus	*40*	*6.48*	*.847*	
Our club is able to offer most of the programs and services we would like	**105**	**6.01**	**1.189**	
Cincinnati	*65*	*6.02*	*1.218*	22
Columbus	*40*	*6.00*	*1.155*	
Programs and Services				
Our club provides quality programs and services	**105**	**6.19**	**1.057**	
Cincinnati	*66*	*6.24*	*.993*	22
Columbus	*39*	*6.10*	*1.165*	
Our club offers a range of programs	**106**	**5.91**	**1.299**	
Cincinnati	*66*	*6.06*	*1.214*	21
Columbus	*40*	*5.65*	*1.406*	
Our club offer accessible programs	**106**	**5.92**	**1.350**	
Cincinnati	*66*	*5.94*	*1.263*	21
Columbus	*40*	*5.90*	*1.499*	
Community Presence				
Our club has a presence in the community	**106**	**6.13**	**1.105**	
Cincinnati	*66*	*6.14*	*1.201*	21
Columbus	*40*	*6.13*	*.939*	
The community is aware of our club	**106**	**5.70**	**1.388**	
Cincinnati	*66*	*5.71*	*1.476*	21
Columbus	*40*	*5.68*	*1.248*	

Note. Calculations are based on a 7-point scale

Leader Autonomy Support

Please indicate your level of agreement to each of the following statements…	n	Mean	SD	Non-Response
I feel that my coach provides me choices and options	**104**	**5.82**	**1.313**	
Cincinnati	*64*	*5.78*	*1.327*	13
Columbus	*40*	*5.88*	*1.305*	
I feel understood by my club	**104**	**6.02**	**1.115**	
Cincinnati	*64*	*5.95*	*1.174*	13
Columbus	*40*	*6.13*	*1.017*	
My coach conveyed confidence in my ability to do well at running	**104**	**6.13**	**1.094**	
Cincinnati	*64*	*6.14*	*1.167*	13
Columbus	*40*	*6.10*	*.982*	
My coach encourages me to ask questions	**103**	**5.87**	**1.355**	
Cincinnati	*63*	*5.92*	*1.324*	14
Columbus	*40*	*5.80*	*1.418*	
My coach listens to how I would like to do things	**103**	**5.71**	**1.357**	
Cincinnati	*63*	*5.67*	*1.437*	14
Columbus	*40*	*5.85*	*1.231*	
My coach tries to understand how I see things before suggesting a new way to do things	**103**	**5.59**	**1.346**	
Cincinnati	*63*	*5.57*	*1.364*	14
Columbus	*40*	*5.63*	*1.334*	

Note. Calculations are based on a 7-point scale

Organizational Climate

Please indicate your level of agreement to each of the following statements:	n	Mean	SD	Non-Response
The coach wants us to try new skills	**104**	**5.63**	**1.232**	
Cincinnati	*64*	*5.80*	*1.198*	13
Columbus	*40*	*5.35*	*1.252*	
The coach gets mad when a runner makes a mistake	**104**	**1.38**	**.753**	
Cincinnati	*64*	*1.38*	*.787*	13
Columbus	*40*	*1.38*	*.705*	
The coach gives most of his or her attention to the stars	**104**	**1.73**	**1.279**	
Cincinnati	*64*	*1.77*	*1.257*	13
Columbus	*40*	*1.68*	*1.328*	
The coach believes that all of us are crucial to the success of the team	**103**	**6.11**	**1.128**	
Cincinnati	*64*	*6.06*	*1.194*	14
Columbus	*39*	*6.18*	*1.023*	

Note. Calculations are based on a 7-point scale

Organizational Climate (continued)

Please indicate your level of agreement to each of the following statements:	n	Mean	SD	Non-Response
The coach praises runners only when they outrun teammates	**104**	**1.38**	**1.017**	
Cincinnati	*64*	*1.42*	*.973*	13
Columbus	*40*	*1.33*	*1.095*	
The coach thinks only a few runners contribute to the success of the team	**104**	**1.44**	**1.050**	
Cincinnati	*64*	*1.47*	*1.069*	13
Columbus	*40*	*1.40*	*1.033*	
The coach has his or her own favorites	**104**	**1.99**	**1.669**	
Cincinnati	*64*	*1.94*	*1.531*	13
Columbus	*40*	*2.08*	*1.886*	
The coach makes sure runners improve on skills they are not good at	**104**	**5.06**	**1.433**	
Cincinnati	*64*	*5.11*	*1.471*	13
Columbus	*40*	*4.98*	*1.387*	
They coach yells at runners for messing up	**104**	**1.14**	**.510**	
Cincinnati	*64*	*1.14*	*.500*	13
Columbus	*40*	*1.15*	*.533*	
The coach encourages runners to help each other	**104**	**6.18**	**1.086**	
Cincinnati	*64*	*6.20*	*1.171*	13
Columbus	*40*	*6.15*	*.949*	
The coach makes it clear who he or she thinks are the best runners	**104**	**1.62**	**1.279**	
Cincinnati	*64*	*1.66*	*1.237*	13
Columbus	*40*	*1.58*	*1.357*	
The coach emphasizes always trying your best	**104**	**6.10**	**1.227**	
Cincinnati	*64*	*6.19*	*1.194*	13
Columbus	*40*	*5.95*	*1.280*	
Only the top runner "get noticed" by the coach	**104**	**1.51**	**1.106**	
Cincinnati	*64*	*1.52*	*1.069*	13
Columbus	*40*	*1.50*	*1.177*	
The coach favors some runners more than others	**103**	**1.78**	**1.400**	
Cincinnati	*63*	*1.76*	*1.316*	14
Columbus	*40*	*1.80*	*1.539*	

Note. Calculations are based on a 7-point scale

Goal Effort

How much effort have you directed towards each of your goals since the start of the current season?	n	Mean	SD	Non-Response
Goal 1	**112**	**5.92**	**1.295**	
Cincinnati	*62*	*6.10*	*1.112*	15
Columbus	*50*	*5.70*	*1.474*	
Goal 2	**105**	**5.74**	**1.294**	
Cincinnati	*61*	*5.75*	*1.287*	22
Columbus	*44*	*5.73*	*1.318*	
Goal 3	**92**	**5.55**	**1.455**	
Cincinnati	*57*	*5.72*	*1.360*	35
Columbus	*35*	*5.29*	*1.582*	
Goal 4	**73**	**5.52**	**1.733**	
Cincinnati	*43*	*5.72*	*1.594*	54
Columbus	*30*	*5.23*	*1.906*	

Note. Calculations are based on a 7-point scale

Running Intentions

	n	Mean	SD	Non-Response
Over the next month, how many miles do you plan to run each week?	**110**	**29.76**	**13.984**	
Cincinnati	*59*	*32.35*	*15.335*	17
Columbus	*51*	*26.77*	*11.686*	
Over the next month, how many club training runs do you plan to attend each week?	**99**	**2.38**	**2.018**	
Cincinnati	*60*	*2.90*	*2.303*	28
Columbus	*39*	*1.59*	*1.093*	
Over the next month, how many club training activities do you plan to attend each week?	**86**	**2.39**	**7.670**	
Cincinnati	*55*	*3.20*	*9.492*	41
Columbus	*31*	*.95*	*1.075*	
Over the next month, how many club social activities do you plan to attend?	**85**	**1.49**	**1.535**	
Cincinnati	*54*	*2.00*	*1.637*	42
Columbus	*31*	*.60*	*.757*	

Running Behavior

	n	Mean	SD	Non-Response
Over the past month, on average, how many miles did you run each week?	**106**	**21.88**	**9.932**	21
Cincinnati	*58*	*22.99*	*8.083*	
Columbus	*50*	*28.83*	*54.995*	
Over the past month, on average, how many club training runs did you attend each week?	**99**	**1.98**	**1.730**	28
Cincinnati	*59*	*2.45*	*1.997*	
Columbus	*40*	*1.30*	*.883*	
Over the past month, on average, how many club training activities did you attend each week?	**89**	**1.14**	**1.494**	38
Cincinnati	*57*	*1.39*	*1.730*	
Columbus	*32*	*.70*	*.792*	
Over the past month, on average, how many club social activities did you attend?	**82**	**1.04**	**1.544**	45
Cincinnati	*56*	*1.26*	*1.708*	
Columbus	*26*	*.58*	*.987*	
Over the past month, on average, how many of the additional training activities you identified did you engage in each week?	**94**	**2.32**	**1.668**	33
Cincinnati	*50*	*2.37*	*1.641*	
Columbus	*44*	*2.27*	*1.717*	

Survey 3

Recreation and Leisure Constraints (Park)

How much does each of the following factors limit your use of community or neighborhood parks?	n	Mean	SD	Non-Response
Location of parks	**105**	**3.65**	**2.227**	
Cincinnati	*55*	*3.78*	*2.192*	5
Columbus	*50*	*3.50*	*2.279*	
Fear of physical assault	**105**	**3.74**	**2.144**	
Cincinnati	*55*	*3.67*	*2.253*	5
Columbus	*50*	*3.82*	*2.037*	
Maintenance of facility	**105**	**3.35**	**1.891**	
Cincinnati	*55*	*3.80*	*1.976*	5
Columbus	*50*	*2.86*	*1.678*	
Fear of crime	**105**	**3.85**	**2.070**	
Cincinnati	*55*	*3.78*	*2.175*	5
Columbus	*50*	*3.92*	*1.967*	
No one to go with	**105**	**3.46**	**2.071**	
Cincinnati	*55*	*3.62*	*2.032*	5
Columbus	*50*	*3.28*	*2.119*	
Lack of time	**105**	**3.98**	**1.726**	
Cincinnati	*55*	*3.84*	*1.697*	5
Columbus	*50*	*4.14*	*1.761*	
Overcrowded park	**105**	**2.74**	**1.760**	
Cincinnati	*55*	*3.02*	*1.821*	5
Columbus	*50*	*2.44*	*1.656*	
Availability of facilities	**105**	**3.49**	**1.871**	
Cincinnati	*55*	*3.93*	*1.933*	5
Columbus	*50*	*3.00*	*1.690*	
Gang activity in park	**105**	**2.68**	**2.101**	
Cincinnati	*55*	*3.27*	*2.384*	5
Columbus	*50*	*2.02*	*1.505*	
Alcohol/drugs in park	**105**	**2.90**	**2.144**	
Cincinnati	*55*	*3.47*	*2.356*	5
Columbus	*50*	*2.26*	*1.688*	
Lighting in the parks	**104**	**3.93**	**1.952**	
Cincinnati	*55*	*4.25*	*1.974*	6
Columbus	*49*	*3.57*	*1.882*	
Lack of green space	**104**	**2.97**	**1.992**	
Cincinnati	*55*	*3.35*	*2.084*	6
Columbus	*49*	*2.55*	*1.815*	
Landscaping and trees	**105**	**2.89**	**1.948**	
Cincinnati	*55*	*3.29*	*2.079*	5
Columbus	*50*	*2.44*	*1.704*	

Note. Calculations are based on a 7-point scale

Recreation and Leisure Constraints (continued)

How much does each of the following factors limit your use of community or neighborhood parks?	n	Mean	SD	Non-Response
Lack of transportation	**105**	**1.67**	**1.370**	
Cincinnati	*55*	*1.58*	*1.134*	5
Columbus	*50*	*1.76*	*1.598*	
Confrontation with others	**105**	**2.24**	**1.795**	
Cincinnati	*55*	*2.31*	*1.845*	5
Columbus	*50*	*2.16*	*1.754*	
Feeling unwelcome	**105**	**2.08**	**1.585**	
Cincinnati	*55*	*2.36*	*1.860*	5
Columbus	*50*	*1.76*	*1.153*	
Fear of sexual assault	**105**	**3.40**	**2.234**	
Cincinnati	*55*	*3.29*	*2.225*	5
Columbus	*50*	*3.52*	*2.261*	
Don't offer activities you want	**105**	**2.35**	**1.623**	
Cincinnati	*55*	*2.65*	*1.713*	5
Columbus	*50*	*2.02*	*1.464*	
Fear of racial conflict	**105**	**1.99**	**1.554**	
Cincinnati	*55*	*2.36*	*1.809*	5
Columbus	*50*	*1.58*	*1.090*	
Other	**26**	**2.19**	**1.898**	
Cincinnati	*14*	*2.71*	*2.268*	84
Columbus	*12*	*1.58*	*1.165*	

Note. Calculations are based on a 7-point scale

Recreation and Leisure Constraints (Run)

To what degree did each of the following reasons impact the amount of time you spent running in the past month?	n	Mean	SD	Non-Response
Too busy with family	**102**	**3.59**	**2.168**	
Cincinnati	*53*	*3.53*	*2.189*	8
Columbus	*49*	*3.65*	*2.166*	
Lack of energy	**102**	**3.15**	**1.749**	
Cincinnati	*53*	*2.85*	*1.736*	8
Columbus	*49*	*3.47*	*1.721*	
Costs too much	**102**	**1.51**	**1.060**	
Cincinnati	*53*	*1.53*	*1.085*	8
Columbus	*49*	*1.49*	*1.043*	
Feeling guilty	**102**	**2.03**	**1.544**	
Cincinnati	*53*	*2.15*	*1.692*	8
Columbus	*49*	*1.90*	*1.373*	
Lack of skill	**101**	**1.55**	**1.081**	
Cincinnati	*52*	*1.42*	*.957*	9
Columbus	*49*	*1.69*	*1.194*	
Safety and security concerns	**102**	**1.77**	**1.274**	
Cincinnati	*53*	*1.53*	*1.049*	8
Columbus	*49*	*2.04*	*1.443*	
Physical disability	**102**	**1.77**	**1.495**	
Cincinnati	*53*	*1.85*	*1.586*	8
Columbus	*49*	*1.69*	*1.402*	
Lack of time	**102**	**3.92**	**2.100**	
Cincinnati	*53*	*3.89*	*2.154*	8
Columbus	*49*	*3.96*	*2.061*	
Poor health	**101**	**1.91**	**1.491**	
Cincinnati	*52*	*1.90*	*1.459*	9
Columbus	*49*	*1.92*	*1.539*	
Lack of self-confidence	**102**	**1.61**	**1.204**	
Cincinnati	*53*	*1.53*	*1.137*	8
Columbus	*49*	*1.69*	*1.278*	
Not in shape	**102**	**1.56**	**1.058**	
Cincinnati	*53*	*1.51*	*.993*	8
Columbus	*49*	*1.61*	*1.133*	
Don't know anyone else participating	**102**	**1.47**	**1.050**	
Cincinnati	*53*	*1.68*	*1.205*	8
Columbus	*49*	*1.24*	*.804*	
Too much planning involved	**102**	**1.41**	**.788**	
Cincinnati	*53*	*1.42*	*.795*	8
Columbus	*49*	*1.41*	*.788*	
No suitable place	**102**	**1.38**	**.784**	
Cincinnati	*53*	*1.47*	*.890*	8
Columbus	*49*	*1.29*	*.645*	
Other	**25**	**2.80**	**2.062**	
Cincinnati	*13*	*3.15*	*2.035*	85
Columbus	*12*	*2.42*	*2.109*	

Note. Calculations are based on a 7-point scale

Sport Club Commitment

To what extent do each of the following items reflect your relationship with the running club?	n	Mean	SD	Non-Response
How proud are you to tell other people that you run in your club?	**97**	**6.41**	**.996**	
Cincinnati	*55*	*6.53*	*.690*	13
Columbus	*42*	*6.26*	*1.231*	
Do you want to keep running with your club?	**96**	**6.48**	**.870**	
Cincinnati	*54*	*6.57*	*.690*	14
Columbus	*42*	*6.36*	*1.055*	
How dedicated are you to running in your club?	**97**	**6.05**	**1.176**	
Cincinnati	*55*	*6.16*	*1.198*	13
Columbus	*42*	*5.90*	*1.144*	
What would you be willing to do to keep running in your club?	**95**	**5.83**	**1.164**	
Cincinnati	*53*	*5.92*	*1.071*	15
Columbus	*42*	*5.71*	*1.274*	
How hard would it be for you to quit your club?	**97**	**5.58**	**1.506**	
Cincinnati	*55*	*5.93*	*1.230*	13
Columbus	*42*	*5.12*	*1.714*	
How determined are you to keep running in your club?	**97**	**6.11**	**1.079**	
Cincinnati	*55*	*6.27*	*.952*	13
Columbus	*42*	*5.90*	*1.206*	

Note. Calculations are based on a 7-point scale

Goal Effort

How much effort have you directed towards each of your goals since the start of the current season?	n	Mean	SD	Non-Response
Goal 1	**103**	**6.03**	**1.478**	
Cincinnati	*54*	*6.04*	*1.625*	7
Columbus	*49*	*6.02*	*1.315*	
Goal 2	**96**	**5.76**	**1.594**	
Cincinnati	*53*	*5.68*	*1.661*	14
Columbus	*43*	*5.86*	*1.521*	
Goal 3	**82**	**5.76**	**1.453**	
Cincinnati	*46*	*5.85*	*1.173*	28
Columbus	*36*	*5.64*	*1.759*	
Goal 4	**62**	**5.76**	**1.606**	
Cincinnati	*32*	*5.84*	*1.322*	48
Columbus	*30*	*5.67*	*1.882*	

Note. Calculations are based on a 7-point scale

Running Behavior

	n	Mean	SD	Non-Response
Over the past month, on average, how many miles did you run each week?	**100**	**26.60**	**11.832**	10
Cincinnati	*52*	*26.62*	*12.053*	
Columbus	*49*	*30.53*	*30.099*	
Over the past month, on average, how many club training runs did you attend each week?	**93**	**2.57**	**3.605**	17
Cincinnati	*52*	*2.54*	*1.940*	
Columbus	*41*	*2.61*	*5.009*	
Over the past month, on average, how many club training activities did you attend each week?	**70**	**1.46**	**1.955**	40
Cincinnati	*46*	*1.50*	*1.017*	
Columbus	*24*	*1.38*	*3.072*	
Over the past month, on average, how many club social activities did you attend?	**72**	**1.49**	**1.947**	38
Cincinnati	*45*	*1.93*	*2.212*	
Columbus	*27*	*.76*	*1.086*	
Over the past month, on average, how many of the previously identified training activities did you engage in each week?	**83**	**2.62**	**2.990**	27
Cincinnati	*43*	*2.49*	*2.776*	
Columbus	*40*	*2.76*	*3.234*	

Running Intentions

	n	Mean	SD	Non-Response
Over the next month, how many miles do you plan to run each week?	**100**	**25.90**	**11.341**	10
Cincinnati	*52*	*24.84*	*9.442*	
Columbus	*48*	*27.04*	*13.100*	
Over the next month, how many club training runs do you plan to attend each week?	**88**	**2.81**	**3.898**	22
Cincinnati	*51*	*2.83*	*2.197*	
Columbus	*37*	*2.77*	*5.479*	
Over the next month, how many club training activities do you plan to attend each week?	**74**	**1.62**	**2.886**	36
Cincinnati	*47*	*1.68*	*2.025*	
Columbus	*27*	*1.52*	*4.013*	
Over the next month, how many club social activities do you plan to attend?	**77**	**1.54**	**1.705**	33
Cincinnati	*48*	*1.96*	*1.924*	
Columbus	*29*	*.84*	*.936*	

Sport Motivation

I participate in running because…	n	Mean	SD	Non-Response
It gives me pleasure to learn about running	**100**	**5.50**	**1.411**	
Cincinnati	*52*	*5.37*	*1.534*	10
Columbus	*48*	*5.65*	*1.263*	
It is very interesting to learn how I can improve	**101**	**5.72**	**1.328**	
Cincinnati	*53*	*5.72*	*1.378*	9
Columbus	*48*	*5.73*	*1.284*	
Running reflects who I am	**101**	**5.44**	**1.438**	
Cincinnati	*53*	*5.55*	*1.408*	9
Columbus	*48*	*5.31*	*1.475*	
Though running, I am living in line with my deepest principles	**101**	**5.02**	**1.562**	
Cincinnati	*53*	*5.04*	*1.629*	9
Columbus	*48*	*5.00*	*1.502*	
Participating in running is an integral part of my life	**101**	**5.58**	**1.451**	
Cincinnati	*53*	*5.66*	*1.413*	9
Columbus	*48*	*5.50*	*1.502*	
It is one of the best ways I have chosen to develop other aspects of myself	**101**	**5.89**	**1.295**	
Cincinnati	*53*	*5.92*	*1.207*	9
Columbus	*48*	*5.85*	*1.399*	
I have chosen this sport to develop myself	**101**	**5.87**	**1.317**	
Cincinnati	*53*	*5.89*	*1.204*	9
Columbus	*48*	*5.85*	*1.444*	
I find it is a good way to develop aspects of myself that I value	**101**	**5.81**	**1.271**	
Cincinnati	*53*	*5.91*	*1.114*	9
Columbus	*48*	*5.71*	*1.429*	
I would feel bad about myself if I did not take the time to do it	**100**	**4.96**	**1.763**	
Cincinnati	*52*	*4.98*	*1.743*	10
Columbus	*48*	*4.94*	*1.803*	
I feel better about myself when I do	**101**	**6.65**	**.854**	
Cincinnati	*53*	*6.79*	*.409*	9
Columbus	*48*	*6.50*	*1.149*	
I would not feel worthwhile if I did not	**100**	**3.30**	**1.856**	
Cincinnati	*52*	*3.54*	*1.904*	10
Columbus	*48*	*3.04*	*1.786*	
People I care about would be upset with me if I did not	**101**	**2.03**	**1.584**	
Cincinnati	*53*	*2.47*	*1.804*	9
Columbus	*48*	*1.54*	*1.129*	

Note. Calculations are based on a 7-point scale

Tables continues…

Sport Motivation (continued)

I participate in running because…	n	Mean	SD	Non-Response
I think others would disapprove of me if I did not	**101**	**1.70**	**1.253**	
Cincinnati	*53*	*1.98*	*1.293*	9
Columbus	*48*	*1.40*	*1.144*	
I used to have good reasons for running, but now I am asking myself if I should continue	**101**	**1.72**	**1.443**	
Cincinnati	*53*	*1.85*	*1.511*	9
Columbus	*48*	*1.58*	*1.366*	
I don't know anymore; I have the impression that I am incapable of succeeding in running	**100**	**1.52**	**1.150**	
Cincinnati	*52*	*1.46*	*.828*	10
Columbus	*48*	*1.58*	*1.427*	
It is not clear to me anymore; I don't really think my place is in running	**101**	**1.40**	**.895**	
Cincinnati	*53*	*1.43*	*.888*	9
Columbus	*48*	*1.35*	*.911*	
I find it enjoyable to discover new performance strategies	**101**	**5.55**	**1.466**	
Cincinnati	*53*	*5.55*	*1.551*	9
Columbus	*48*	*5.56*	*1.382*	

Note. Calculations are based on a 7-point scale

Self-Efficacy

To what extend do each of the following items reflect you?	n	Mean	SD	Non-Response
I can always manage to solve difficult problems if I try hard enough	**101**	**5.77**	**1.028**	
Cincinnati	*53*	*5.89*	*.891*	9
Columbus	*48*	*5.65*	*1.158*	
If someone opposes me, I can find the means and ways to get what I want	**101**	**4.39**	**1.334**	
Cincinnati	*53*	*4.47*	*1.409*	9
Columbus	*48*	*4.29*	*1.254*	
It is easy for me to stick to my aims and accomplish my goals	**101**	**5.28**	**1.201**	
Cincinnati	*53*	*5.34*	*.999*	9
Columbus	*48*	*5.21*	*1.398*	
I am confident that I could deal efficiently with unexpected events	**101**	**5.64**	**1.092**	
Cincinnati	*53*	*5.83*	*.975*	9
Columbus	*48*	*5.44*	*1.183*	
Thanks to my resourcefulness, I know how to handle unforeseen situations	**101**	**5.59**	**1.088**	
Cincinnati	*53*	*5.94*	*.818*	9
Columbus	*48*	*5.21*	*1.220*	
I can solve most problems if I invest the necessary effort	**101**	**5.96**	**.905**	
Cincinnati	*53*	*6.17*	*.802*	9
Columbus	*48*	*5.73*	*.962*	
I can remain calm when facing difficulties because I can rely on my coping abilities	**100**	**5.38**	**1.339**	
Cincinnati	*53*	*5.62*	*1.289*	10
Columbus	*47*	*5.11*	*1.355*	
When I am confronted with a problem, I can usually find several solutions	**101**	**5.66**	**.993**	
Cincinnati	*53*	*5.85*	*.907*	9
Columbus	*48*	*5.46*	*1.051*	
If I am in trouble, I can usually think of a solution	**101**	**5.64**	**1.006**	
Cincinnati	*53*	*5.91*	*.791*	9
Columbus	*48*	*5.35*	*1.139*	
I can usually handle whatever comes my way	**101**	**5.79**	**1.052**	
Cincinnati	*53*	*6.00*	*.981*	9
Columbus	*48*	*5.56*	*1.090*	

Note. Calculations are based on a 7-point scale

Survey 4

Community Sport Club Capacity

To what extend does each of the following statements describe your running club	n	Mean	SD	Non-Response
Operations				
Our club is well organized	**54**	**6.37**	**.831**	
Cincinnati	*33*	*6.30*	*.951*	8
Columbus	*21*	*6.48*	*.602*	
Day-to-day operations of the club are effective	**54**	**6.02**	**1.141**	
Cincinnati	*33*	*6.09*	*1.100*	8
Columbus	*21*	*5.90*	*1.221*	
Our club is run effectively	**54**	**6.28**	**.899**	
Cincinnati	*33*	*6.24*	*1.001*	8
Columbus	*21*	*6.33*	*.730*	
Our club provides programs in a positive environment	**54**	**6.39**	**.979**	8
Cincinnati	*33*	*6.45*	*.833*	
Columbus	*21*	*6.29*	*1.189*	
Our club is able to offer most of the programs and services we would like	**54**	**6.07**	**1.130**	8
Cincinnati	*33*	*6.18*	*1.074*	
Columbus	*21*	*5.90*	*1.221*	
Programs and Services				
Our club provides quality programs and services	**54**	**6.30**	**.924**	8
Cincinnati	*33*	*6.27*	*1.008*	
Columbus	*21*	*6.33*	*.796*	
Our club offers a range of programs	**53**	**5.68**	**1.529**	
Cincinnati	*32*	*5.84*	*1.347*	9
Columbus	*21*	*5.43*	*1.777*	
Our club offer accessible programs	**54**	**5.81**	**1.415**	
Cincinnati	*33*	*5.94*	*1.298*	8
Columbus	*21*	*5.62*	*1.596*	
Community Presence				
Our club has a presence in the community	**54**	**6.35**	**.935**	
Cincinnati	*33*	*6.36*	*.962*	8
Columbus	*21*	*6.33*	*.913*	
The community is aware of our club	**54**	**5.85**	**1.365**	
Cincinnati	*33*	*6.06*	*1.273*	8
Columbus	*21*	*5.52*	*1.470*	

Note. Calculations are based on a 7-point scale

Leader Autonomy Support

Please indicate your level of agreement to each of the following statements…	n	Mean	SD	Non-Response
I feel that my coach provides me choices and options	**54**	**5.78**	**1.298**	
Cincinnati	*33*	*5.97*	*1.075*	8
Columbus	*21*	*5.48*	*1.569*	
I feel understood by my club	**54**	**5.98**	**1.157**	
Cincinnati	*33*	*5.97*	*1.237*	8
Columbus	*21*	*6.00*	*1.049*	
My coach conveyed confidence in my ability to do well at running	**54**	**5.85**	**1.188**	
Cincinnati	*33*	*5.94*	*1.144*	8
Columbus	*21*	*5.71*	*1.271*	
My coach encourages me to ask questions	**54**	**5.89**	**1.239**	
Cincinnati	*33*	*5.91*	*1.259*	8
Columbus	*21*	*5.86*	*1.236*	
My coach listens to how I would like to do things	**54**	**5.72**	**1.393**	
Cincinnati	*33*	*5.82*	*1.357*	8
Columbus	*21*	*5.57*	*1.469*	
My coach tries to understand how I see things before suggesting a new way to do things	**54**	**5.74**	**1.334**	
Cincinnati	*33*	*5.82*	*1.310*	8
Columbus	*21*	*5.62*	*1.396*	

Note. Calculations are based on a 7-point scale

Organizational Climate

Please indicate your level of agreement to each of the following statements:	n	Mean	SD	Non-Response
The coach wants us to try new skills	**54**	**5.56**	**1.176**	
Cincinnati	*33*	*5.85*	*.972*	8
Columbus	*21*	*5.10*	*1.338*	
The coach gets mad when a runner makes a mistake	**54**	**1.30**	**.861**	
Cincinnati	*33*	*1.36*	*.962*	8
Columbus	*21*	*1.19*	*.680*	
The coach gives most of his or her attention to the stars	**54**	**1.76**	**1.345**	
Cincinnati	*33*	*1.79*	*1.341*	8
Columbus	*21*	*1.71*	*1.384*	
The coach believes that all of us are crucial to the success of the team	**54**	**6.07**	**1.344**	
Cincinnati	*33*	*6.21*	*1.219*	8
Columbus	*21*	*5.86*	*1.526*	

Note. Calculations are based on a 7-point scale

Table continues…

Organizational Climate (continued)

Please indicate your level of agreement to each of the following statements:	n	Mean	SD	Non-Response
The coach praises runners only when they outrun teammates	**54**	**1.20**	**.562**	
Cincinnati	*33*	*1.30*	*.684*	8
Columbus	*21*	*1.05*	*.218*	
The coach thinks only a few runners contribute to the success of the team	**54**	**1.33**	**.911**	
Cincinnati	*33*	*1.36*	*.929*	8
Columbus	*21*	*1.29*	*.902*	
The coach has his or her own favorites	**54**	**1.74**	**1.417**	
Cincinnati	*33*	*1.73*	*1.232*	8
Columbus	*21*	*1.76*	*1.700*	
The coach makes sure runners improve on skills they are not good at	**54**	**4.89**	**1.701**	
Cincinnati	*33*	*5.45*	*1.622*	8
Columbus	*21*	*4.00*	*1.449*	
They coach yells at runners for messing up	**54**	**1.19**	**.870**	
Cincinnati	*33*	*1.30*	*1.104*	8
Columbus	*21*	*1.00*	*.000*	
The coach encourages runners to help each other	**54**	**6.07**	**1.315**	
Cincinnati	*33*	*6.12*	*1.244*	8
Columbus	*21*	*6.00*	*1.449*	
The coach makes it clear who he or she thinks are the best runners	**54**	**1.43**	**1.057**	
Cincinnati	*33*	*1.42*	*.936*	8
Columbus	*21*	*1.43*	*1.248*	
The coach emphasizes always trying your best	**54**	**6.11**	**1.355**	
Cincinnati	*33*	*6.18*	*1.286*	8
Columbus	*21*	*6.00*	*1.483*	
Only the top runner "get noticed" by the coach	**53**	**1.49**	**1.234**	
Cincinnati	*32*	*1.56*	*1.243*	9
Columbus	*21*	*1.38*	*1.244*	
The coach favors some runners more than others	**54**	**1.89**	**1.656**	
Cincinnati	*33*	*1.97*	*1.489*	8
Columbus	*21*	*1.76*	*1.921*	

Note. Calculations are based on a 7-point scale

Goal Effort

How much effort have you directed towards each of your goals since the start of the current season?	n	Mean	SD	Non-Response
Goal 1	**58**	**5.98**	**1.481**	
Cincinnati	*32*	*6.16*	*1.347*	4
Columbus	*26*	*5.77*	*1.632*	
Goal 2	**56**	**5.80**	**1.458**	
Cincinnati	*32*	*5.88*	*1.338*	6
Columbus	*24*	*5.71*	*1.628*	
Goal 3	**49**	**5.71**	**1.581**	
Cincinnati	*29*	*5.97*	*1.239*	13
Columbus	*20*	*5.35*	*1.954*	
Goal 4	**35**	**5.57**	**2.188**	
Cincinnati	*20*	*6.05*	*1.538*	27
Columbus	*15*	*4.93*	*2.631*	

Note. Calculations are based on a 7-point scale

Running Intentions

	n	Mean	SD	Non-Response
Over the next month, how many miles do you plan to run each week?	**59**	**18.53**	**9.593**	
Cincinnati	*33*	*20.11*	*9.241*	3
Columbus	*26*	*16.54*	*9.837*	
Over the next month, how many club training runs do you plan to attend each week?	**46**	**1.76**	**1.902**	
Cincinnati	*32*	*2.06*	*2.078*	16
Columbus	*14*	*1.07*	*1.222*	
Over the next month, how many club training activities do you plan to attend each week?	**42**	**1.02**	**1.297**	
Cincinnati	*30*	*1.30*	*1.393*	20
Columbus	*12*	*.33*	*.651*	
Over the next month, how many club social activities do you plan to attend?	**45**	**1.53**	**1.586**	
Cincinnati	*29*	*1.79*	*1.719*	17
Columbus	*16*	*1.06*	*1.223*	

Note. Calculations are based on a 7-point scale

Running Behavior

	n	Mean	SD	Non-Response
Over the past month, on average, how many miles did you run each week?	**57**	**27.99**	**12.330**	5
Cincinnati	*32*	*28.86*	*10.558*	
Columbus	*25*	*26.88*	*14.438*	
Over the past month, on average, how many club training runs did you attend each week?	**50**	**3.25**	**5.093**	12
Cincinnati	*32*	*3.03*	*3.188*	
Columbus	*18*	*3.64*	*7.483*	
Over the past month, on average, how many club training activities did you attend each week?	**46**	**1.35**	**1.286**	16
Cincinnati	*30*	*1.47*	*1.252*	
Columbus	*16*	*1.13*	*1.360*	
Over the past month, on average, how many club social activities did you attend?	**46**	**1.28**	**1.344**	16
Cincinnati	*31*	*1.65*	*1.330*	
Columbus	*15*	*.53*	*1.060*	
Over the past month, on average, how many of the previously identified training activities did you engage in each week?	**51**	**1.91**	**1.843**	11
Cincinnati	*28*	*1.71*	*1.802*	
Columbus	*23*	*2.15*	*1.904*	

Note. Calculations are based on a 7-point scale

Survey 5

Recreation and Leisure Constraints (Park)

How much does each of the following factors limit your use of community or neighborhood parks?	n	Mean	SD	Non-Response
Location of parks	**80**	**3.88**	**2.155**	
Cincinnati	*48*	*3.96*	*2.000*	4
Columbus	*32*	*3.75*	*2.396*	
Fear of physical assault	**80**	**3.19**	**1.856**	
Cincinnati	*48*	*3.04*	*1.786*	4
Columbus	*32*	*3.41*	*1.965*	
Maintenance of facility	**80**	**3.56**	**1.980**	
Cincinnati	*48*	*3.98*	*1.918*	4
Columbus	*32*	*2.94*	*1.933*	
Fear of crime	**80**	**3.30**	**1.796**	
Cincinnati	*48*	*3.23*	*1.789*	4
Columbus	*23*	*3.41*	*1.829*	
No one to go with	**80**	**3.57**	**1.954**	
Cincinnati	*48*	*3.94*	*1.873*	4
Columbus	*32*	*3.03*	*1.975*	
Lack of time	**80**	**3.76**	**1.693**	
Cincinnati	*48*	*3.96*	*1.611*	4
Columbus	*32*	*3.47*	*1.796*	
Overcrowded park	**80**	**2.74**	**1.597**	
Cincinnati	*48*	*3.15*	*1.713*	4
Columbus	*32*	*2.13*	*1.185*	
Availability of facilities	**79**	**3.13**	**1.944**	
Cincinnati	*48*	*3.54*	*1.946*	5
Columbus	*31*	*2.48*	*1.786*	
Gang activity in park	**80**	**2.66**	**2.037**	
Cincinnati	*48*	*3.08*	*2.211*	4
Columbus	*32*	*2.03*	*1.576*	
Alcohol/drugs in park	**80**	**2.70**	**1.977**	
Cincinnati	*48*	*3.13*	*2.100*	4
Columbus	*32*	*2.06*	*1.605*	
Lighting in the parks	**80**	**3.60**	**1.866**	
Cincinnati	*48*	*4.06*	*1.815*	4
Columbus	*32*	*2.91*	*1.748*	
Lack of green space	**80**	**2.79**	**1.777**	
Cincinnati	*48*	*3.42*	*1.855*	4
Columbus	*32*	*1.84*	*1.139*	
Landscaping and trees	**80**	**2.69**	**1.740**	
Cincinnati	*48*	*3.27*	*1.842*	4
Columbus	*32*	*1.81*	*1.120*	

Note. Calculations are based on a 7-point scale

Tables continues…

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Recreation and Leisure Constraints (continued)

How much does each of the following factors limit your use of community or neighborhood parks?	n	Mean	SD	Non-Response
Lack of transportation	**80**	**1.69**	**1.228**	
Cincinnati	*48*	*1.79*	*1.184*	4
Columbus	*32*	*1.53*	*1.295*	
Confrontation with others	**80**	**2.06**	**1.641**	
Cincinnati	*48*	*2.31*	*1.728*	4
Columbus	*32*	*1.69*	*1.447*	
Feeling unwelcome	**80**	**2.06**	**1.625**	
Cincinnati	*48*	*2.31*	*1.776*	4
Columbus	*32*	*1.69*	*1.306*	
Fear of sexual assault	**80**	**3.05**	**2.122**	
Cincinnati	*48*	*3.06*	*2.067*	4
Columbus	*32*	*3.03*	*2.236*	
Don't offer activities you want	**80**	**2.51**	**1.583**	
Cincinnati	*48*	*2.85*	*1.624*	4
Columbus	*32*	*2.00*	*1.391*	
Fear of racial conflict	**80**	**1.89**	**1.441**	
Cincinnati	*48*	*2.23*	*1.716*	4
Columbus	*32*	*1.37*	*.609*	
Other	**15**	**1.73**	**1.710**	
Cincinnati	*9*	*2.00*	*2.121*	69
Columbus	*6*	*1.33*	*.816*	

Note. Calculations are based on a 7-point scale

Recreation and Leisure Constraints (Run)

To what degree did each of the following reasons impact the amount of time you spent running in the past month?	n	Mean	SD	Non-Response
Too busy with family	**80**	**3.91**	**2.026**	
Cincinnati	*48*	*4.25*	*1.984*	4
Columbus	*32*	*3.41*	*2.014*	
Lack of energy	**80**	**3.51**	**1.691**	
Cincinnati	*48*	*3.35*	*1.591*	4
Columbus	*32*	*3.75*	*1.832*	
Costs too much	**80**	**1.68**	**1.178**	
Cincinnati	*48*	*1.94*	*1.375*	4
Columbus	*32*	*1.28*	*.634*	
Feeling guilty	**80**	**2.21**	**1.556**	
Cincinnati	*48*	*2.46*	*1.713*	4
Columbus	*32*	*1.84*	*1.221*	
Lack of skill	**80**	**1.70**	**1.060**	
Cincinnati	*48*	*1.81*	*1.085*	4
Columbus	*32*	*1.53*	*1.016*	
Safety and security concerns	**80**	**1.68**	**1.134**	
Cincinnati	*48*	*1.52*	*.945*	4
Columbus	*32*	*1.91*	*1.353*	
Physical disability	**80**	**1.73**	**1.441**	
Cincinnati	*48*	*1.79*	*1.398*	4
Columbus	*32*	*1.63*	*1.519*	
Lack of time	**80**	**4.14**	**2.017**	
Cincinnati	*48*	*4.33*	*1.906*	4
Columbus	*32*	*3.84*	*2.172*	
Poor health	**80**	**1.60**	**1.074**	
Cincinnati	*48*	*1.60*	*1.026*	4
Columbus	*32*	*1.59*	*1.160*	
Lack of self-confidence	**79**	**1.82**	**1.269**	
Cincinnati	*48*	*1.83*	*1.155*	5
Columbus	*31*	*1.81*	*1.447*	
Not in shape	**80**	**1.87**	**1.277**	
Cincinnati	*48*	*1.88*	*1.265*	4
Columbus	*32*	*1.87*	*1.314*	
Don't know anyone else participating	**80**	**1.87**	**1.277**	
Cincinnati	*48*	*1.75*	*1.263*	4
Columbus	*32*	*1.56*	*1.076*	
Too much planning involved	**80**	**1.57**	**.938**	
Cincinnati	*48*	*1.65*	*1.021*	4
Columbus	*32*	*1.47*	*.803*	
No suitable place	**79**	**1.42**	**.841**	
Cincinnati	*48*	*1.42*	*.895*	5
Columbus	*31*	*1.42*	*.765*	
Other	**21**	**3.19**	**2.421**	
Cincinnati	*13*	*3.08*	*2.362*	63
Columbus	*8*	*3.37*	*2.669*	

Note. Calculations are based on a 7-point scale

Sport Club Commitment

To what extent do each of the following items reflect your relationship with the running club?	n	Mean	SD	Non-Response
How proud are you to tell other people that you run in your club?	**77**	**6.44**	**.881**	
Cincinnati	*49*	*6.51*	*.767*	7
Columbus	*28*	*6.32*	*1.056*	
Do you want to keep running with your club?	**77**	**6.45**	**1.020**	
Cincinnati	*49*	*6.57*	*.791*	7
Columbus	*28*	*6.25*	*1.323*	
How dedicated are you to running in your club?	**77**	**5.95**	**1.450**	
Cincinnati	*49*	*6.20*	*1.136*	7
Columbus	*28*	*5.50*	*1.816*	
What would you be willing to do to keep running in your club?	**77**	**5.84**	**1.319**	
Cincinnati	*49*	*5.96*	*1.079*	7
Columbus	*28*	*5.64*	*1.660*	
How hard would it be for you to quit your club?	**77**	**5.58**	**1.689**	
Cincinnati	*49*	*5.80*	*1.369*	7
Columbus	*28*	*5.21*	*2.114*	
How determined are you to keep running in your club?	**77**	**5.97**	**1.414**	
Cincinnati	*49*	*6.16*	*1.067*	7
Columbus	*28*	*5.64*	*1.850*	

Note. Calculations are based on a 7-point scale

Goal Attainment

To what extent do you feel...	n	Mean	SD	Non-Response
You have attained Goal 1 since the start of the current season	**80**	**4.85**	**1.808**	
Cincinnati	*48*	*4.96*	*1.833*	4
Columbus	*32*	*4.69*	*1.786*	
You have attained Goal 2 since the start of the current season	**77**	**4.86**	**1.775**	
Cincinnati	*48*	*5.08*	*1.699*	7
Columbus	*29*	*4.48*	*1.864*	
You have attained Goal 3 since the start of the current season	**70**	**5.09**	**1.759**	
Cincinnati	*45*	*5.31*	*1.649*	14
Columbus	*25*	*4.68*	*1.909*	

Note. Calculations are based on a 7-point scale

Goal Attainment (continued)

To what extent do you feel...	n	Mean	SD	Non-Response
You have attained Goal 4 since the start of the current season	**51**	**5.31**	**1.655**	
Cincinnati	*31*	*5.61*	*1.476*	33
Columbus	*20*	*4.85*	*1.843*	
Your club helped you achieve your goals	**76**	**6.12**	**1.045**	
Cincinnati	*48*	*6.31*	*.854*	8
Columbus	*28*	*5.79*	*1.258*	
Your club leader helped you to achieve your goals	**76**	**5.26**	**1.708**	
Cincinnati	*48*	*5.37*	*1.593*	8
Columbus	*28*	*5.07*	*1.904*	
The social support from club members helped you to achieve your goals	**76**	**6.20**	**1.178**	
Cincinnati	*48*	*6.21*	*1.031*	8
Columbus	*28*	*6.18*	*1.416*	
Access to public parks/trails helped you to achieve your goals	**76**	**5.00**	**1.904**	
Cincinnati	*48*	*4.65*	*1.951*	8
Columbus	*28*	*5.61*	*1.685*	

Note. Calculations are based on a 7-point scale

Sport Motivation

I participate in running because…	n	Mean	SD	Non-Response
It gives me pleasure to learn about running	**80**	**5.55**	**1.359**	
Cincinnati	*48*	*5.67*	*1.326*	4
Columbus	*32*	*5.38*	*1.408*	
It is very interesting to learn how I can improve	**80**	**5.94**	**1.266**	
Cincinnati	*48*	*6.00*	*1.255*	4
Columbus	*32*	*5.84*	*1.298*	
Running reflects who I am	**80**	**5.55**	**1.475**	
Cincinnati	*48*	*5.71*	*1.458*	4
Columbus	*32*	*5.31*	*1.491*	
Though running, I am living in line with my deepest principles	**80**	**5.25**	**1.480**	
Cincinnati	*48*	*5.44*	*1.486*	4
Columbus	*32*	*4.97*	*1.448*	
Participating in running is an integral part of my life	**80**	**5.72**	**1.232**	
Cincinnati	*48*	*5.85*	*1.052*	4
Columbus	*32*	*5.53*	*1.459*	

Note. Calculations are based on a 7-point scale

Table continues…

Sport Motivation (continued)

I participate in running because…	n	Mean	SD	Non-Response
It is one of the best ways I have chosen to develop other aspects of myself	**80**	**5.80**	**1.306**	
Cincinnati	*48*	*5.85*	*1.220*	4
Columbus	*32*	*5.72*	*1.442*	
I have chosen this sport to develop myself	**80**	**5.72**	**1.292**	
Cincinnati	*48*	*5.96*	*1.051*	4
Columbus	*32*	*5.38*	*1.540*	
I find it is a good way to develop aspects of myself that I value	**80**	**5.76**	**1.343**	
Cincinnati	*48*	*5.87*	*1.178*	4
Columbus	*32*	*5.59*	*1.563*	
I would feel bad about myself if I did not take the time to do it	**80**	**4.83**	**1.719**	
Cincinnati	*48*	*5.02*	*1.732*	4
Columbus	*32*	*4.53*	*1.685*	
I feel better about myself when I do	**80**	**6.45**	**.870**	
Cincinnati	*48*	*6.60*	*.792*	4
Columbus	*32*	*6.22*	*.941*	
I would not feel worthwhile if I did not	**79**	**3.13**	**1.863**	
Cincinnati	*47*	*3.49*	*1.875*	5
Columbus	*32*	*2.59*	*1.739*	
People I care about would be upset with me if I did not	**80**	**2.21**	**1.812**	
Cincinnati	*48*	*2.69*	*2.075*	4
Columbus	*32*	*1.50*	*.984*	
I think others would disapprove of me if I did not	**80**	**1.92**	**1.439**	
Cincinnati	*48*	*2.33*	*1.667*	4
Columbus	*32*	*1.31*	*.644*	
I used to have good reasons for running, but now I am asking myself if I should continue	**80**	**1.86**	**1.524**	
Cincinnati	*48*	*2.04*	*1.611*	4
Columbus	*32*	*1.59*	*1.365*	
I don't know anymore; I have the impression that I am incapable of succeeding in running	**80**	**1.52**	**1.006**	
Cincinnati	*48*	*1.54*	*.874*	4
Columbus	*32*	*1.50*	*1.191*	
It is not clear to me anymore; I don't really think my place is in running	**80**	**1.62**	**1.267**	
Cincinnati	*48*	*1.58*	*1.088*	4
Columbus	*32*	*1.69*	*1.512*	
I find it enjoyable to discover new performance strategies	**80**	**5.65**	**1.397**	
Cincinnati	*48*	*5.83*	*1.243*	4
Columbus	*32*	*5.38*	*1.581*	

Note. Calculations are based on a 7-point scale

Self-Efficacy

To what extend do each of the following items reflect you?	n	Mean	SD	Non-Response
I can always manage to solve difficult problems if I try hard enough	**80**	**5.75**	**.974**	
Cincinnati	*48*	*5.75*	*.887*	4
Columbus	*32*	*5.75*	*1.107*	
If someone opposes me, I can find the means and ways to get what I want	**80**	**4.80**	**1.436**	
Cincinnati	*48*	*4.85*	*1.288*	4
Columbus	*32*	*4.72*	*1.651*	
It is easy for me to stick to my aims and accomplish my goals	**80**	**5.24**	**1.046**	
Cincinnati	*48*	*5.23*	*.973*	4
Columbus	*32*	*5.25*	*1.164*	
I am confident that I could deal efficiently with unexpected events	**79**	**5.52**	**1.153**	
Cincinnati	*47*	*5.62*	*.968*	5
Columbus	*32*	*5.38*	*1.385*	
Thanks to my resourcefulness, I know how to handle unforeseen situations	**80**	**5.60**	**.989**	
Cincinnati	*48*	*5.71*	*.944*	4
Columbus	*32*	*5.44*	*1.045*	
I can solve most problems if I invest the necessary effort	**80**	**5.95**	**.940**	
Cincinnati	*48*	*6.02*	*.758*	4
Columbus	*32*	*5.84*	*1.167*	
I can remain calm when facing difficulties because I can rely on my coping abilities	**79**	**5.44**	**1.047**	
Cincinnati	*48*	*5.50*	*.923*	5
Columbus	*31*	*5.35*	*1.226*	
When I am confronted with a problem, I can usually find several solutions	**80**	**5.63**	**.946**	
Cincinnati	*48*	*5.75*	*.934*	4
Columbus	*32*	*5.44*	*.948*	
If I am in trouble, I can usually think of a solution	**80**	**5.61**	**.934**	
Cincinnati	*48*	*5.77*	*.831*	4
Columbus	*32*	*5.38*	*1.040*	
I can usually handle whatever comes my way	**80**	**5.83**	**1.003**	
Cincinnati	*48*	*5.88*	*.890*	4
Columbus	*32*	*5.75*	*1.164*	

Note. Calculations are based on a 7-point scale