



## **Marcialonga Science 2016 – The project**

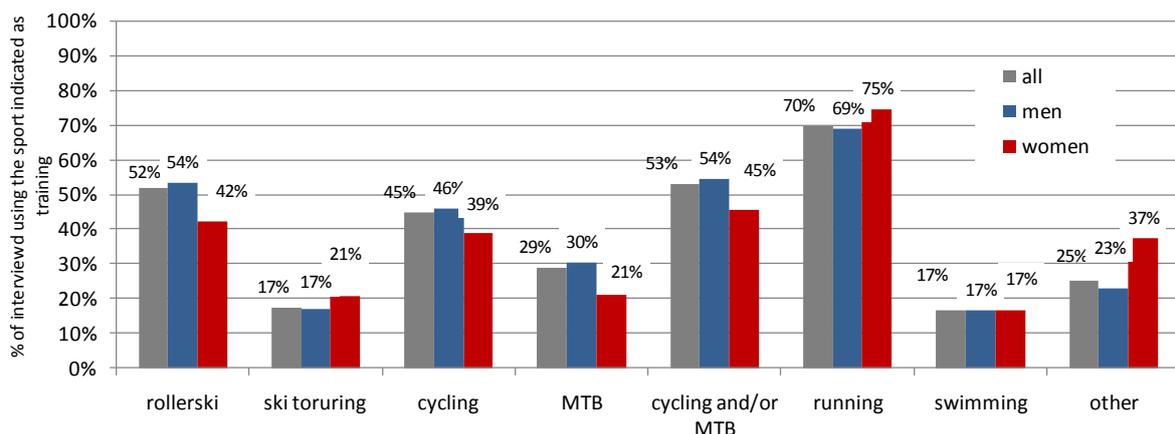
### **A survey on the participant**

Who are the participant to the Marcialonga race? From which countries they come from? What is the most represented age group? How much they train and how? What other sports do they practice? The project “MARCIALONGA Science 2016” was aimed to answer tot this and to many other questions in order to describe the competition and its participants. To this aim, the researcher of CeRiSM, from Rovereto, Università di Verona, with the collaboration of the Marcialonga organizing committee, have asked to as many participant as possible to fill out a questionnaire.

Thanks to the many people who kindly answered, it was possible, the day before the race, to gather more than 1500 questionnaires. 1312 of this were valid and belonging to people who completed the race. The interviewed represent the 23% of all participants; the distribution among countries and for gender is moreover similar to that of the whole. The most represented countries in the race were Italy (32%), Norway (31%) , Sweden (21%) Finland (4%) and Russia (2%). Female athletes are the 16.35% of all participants, however, when analyzing that data by country, it is possible to see that the female presence is much higher for Norway (20.4%) and Sweden (19.3%), on the contrary, the Italian female are only the 12.2 % of the total. The average age of women is lower, about 41 years compared to men, 45 years old on average.

When looking at the details, it is possible to see that cross-country ski is the main sport for only the 38% of the interviewed, and the value rises to 51% if cross-country ski and ski are grouped together.

Running is the main sport for 15% of interviewed, followed by cycling, (8%). When the data are analyzed by countries, the ski is the main spot for 68.3% of Finnish, for 57% of Norwegian, 50% of Swedish, and for the 47% of the Italian people interviewed. The countries with the highest number of people cross country skiing as main sport, benefit from a short distance between home and the place o train on the snow, 20 e 25 km for Finnish and Norwegian respectively. Swedish and Italians are on average about 70km far from ski track. People are therefore used to train by using different sport. The training most used is running, that is used by 75% of women, and slightly less by men (65%).



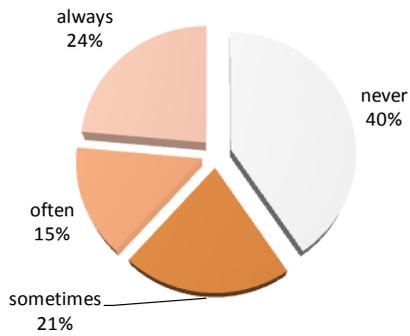
The rollerskis have been used as training by the 54% of the men and only 42% of women. Approximately same values for cycling and/or mountain biking, they have been used by 54% of the man and 45% of women.

What about training advice? The number of people following the indication, at least from time to time, of a trainer, is about 30%, with an higher value for women, 42% of the interviewed have the advice from a trainer

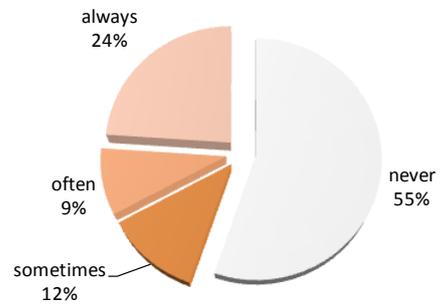
A further picture of the Marcialonga participants s given by the survey on the use of the “technological devices “. The GPS is used more frequently than the heart rate monitor. The GPS is used at least sometimes in 75% of people during the training session and by 62% of people during the race. The heart rate monitor is used at least sometimes only by

45% of the interviewed. An interesting information, the women seems to use the heart rate monitored more than men during races.

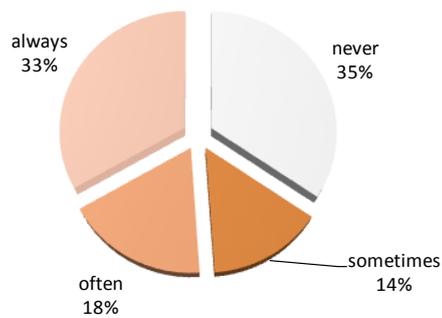
**HR monitor - training**



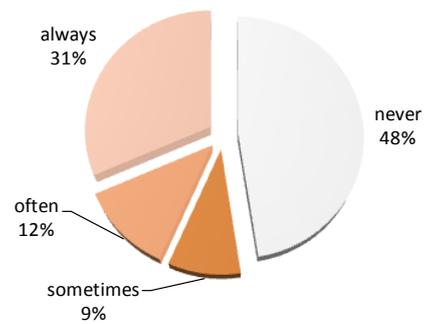
**HR monitor - race**



**GPS - training**



**GPS - race**



The information that can come from further data analysis are still a lot and valuable. The analysis will go on with a more detailed focus on the amount of training.