

2021

THE COVID-19 IMPACT ON THE TRAIL RUNNER'S ROUTINE



Information sourced from the ITRAS's database

www.itra.run

THE COVID-19 IMPACT ON THE TRAIL RUNNER'S ROUTINE

INTRODUCTION

The COVID-19 pandemic has impacted our daily lives, our sporting goals and the way we've trained and race in 2020.

ITRA has carried out a worldwide survey to discover more about it.

See the results below:

SAMPLE



8725
RUNNERS

FROM

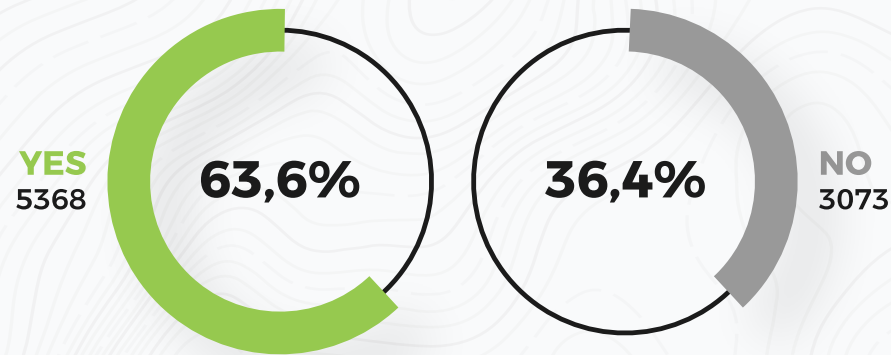


71
COUNTRIES

RACES IN 2020

RACE PARTICIPATION IN 2020

In 2020, many events were cancelled, however more than half of the respondents participated in at least one race.

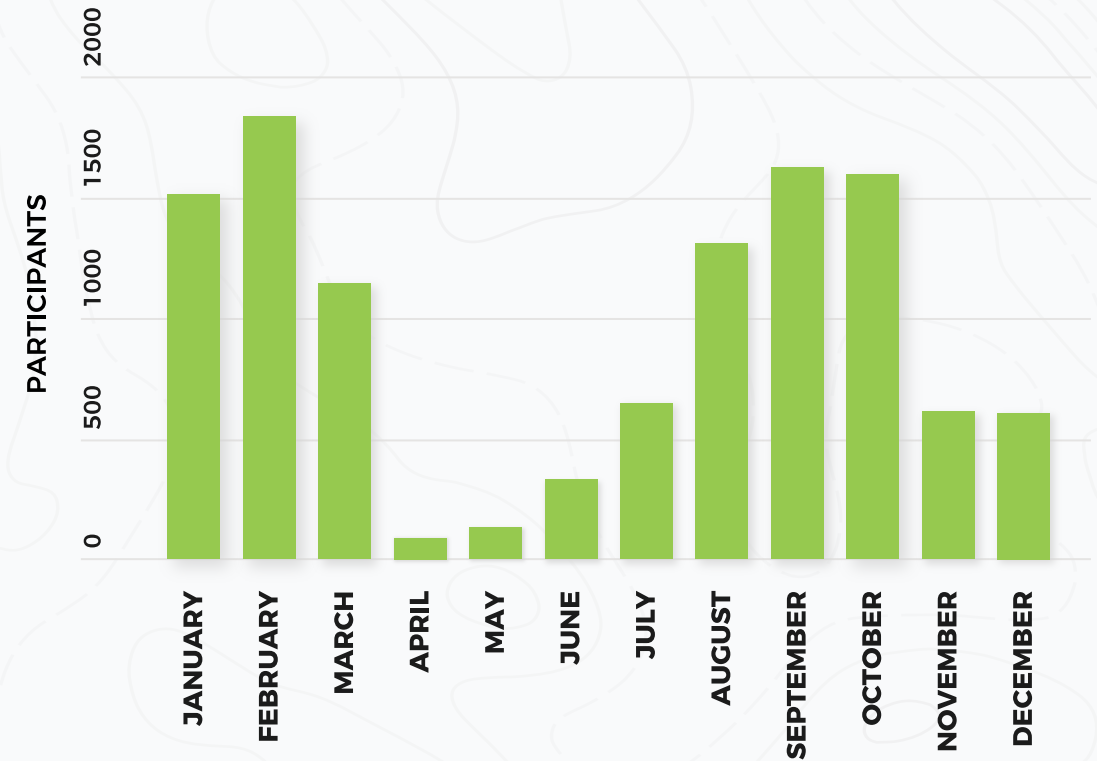


RACING PERIOD

The different waves of the COVID are visible on the periods where the runners were able to participate in races.

We observe two periods with very few races from April to July 2020, then from November to December 2020.

These two periods correspond to the two COVID waves registered in the most of the countries.

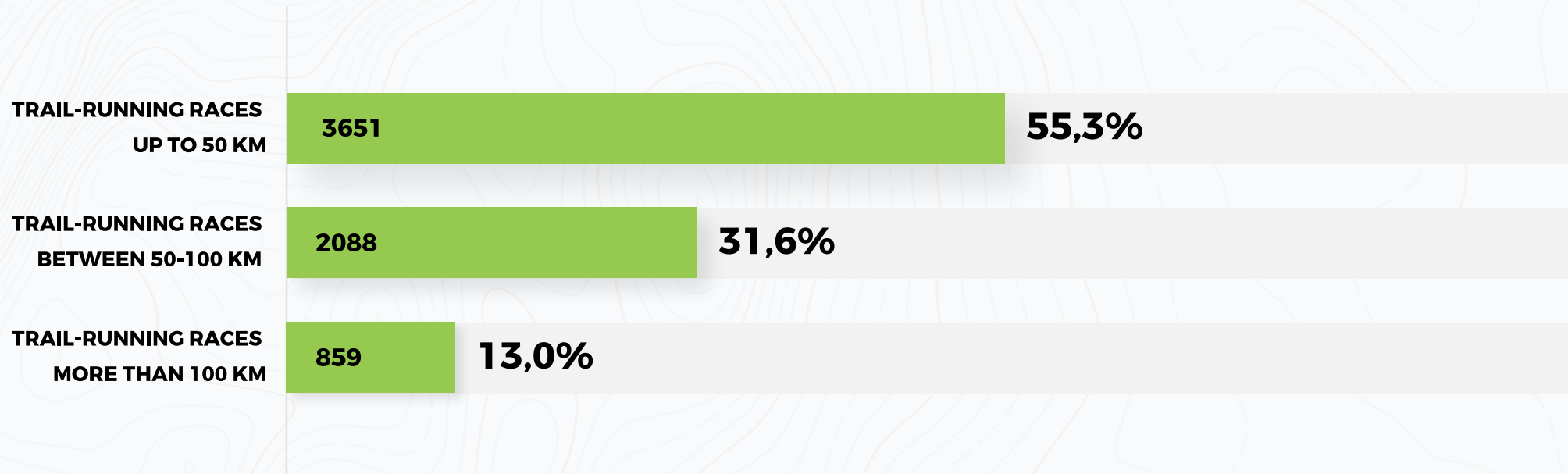


RACES IN 2020

RACE DISTANCES

Most runners ran races of less than 50KM.

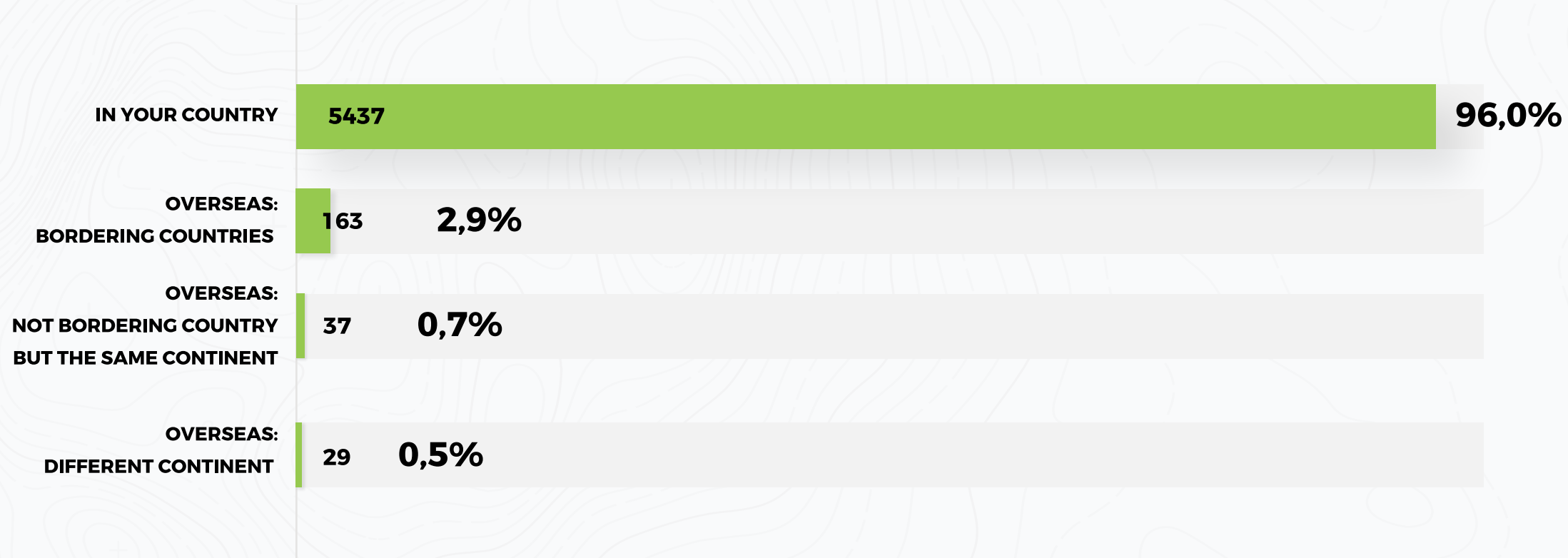
Ultras were the least successful races during this pandemic year.



RACES IN 2020

RACE COUNTRY

Facing travelling restrictions the big majority of the runners participated in local races only.

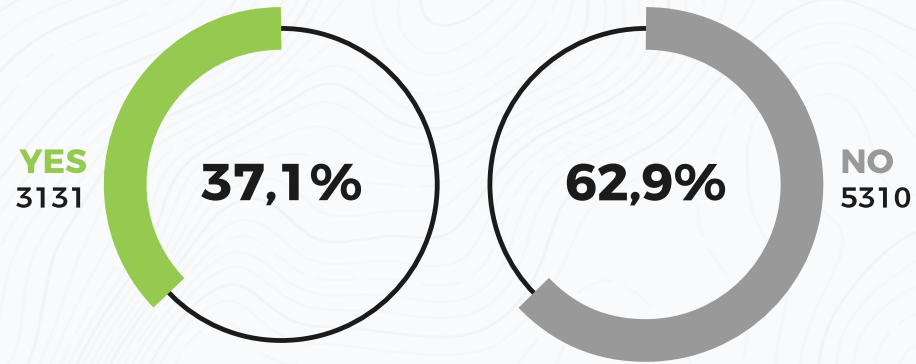


RACES IN 2020

VIRTUAL RACES

The success of virtual races in 2020:

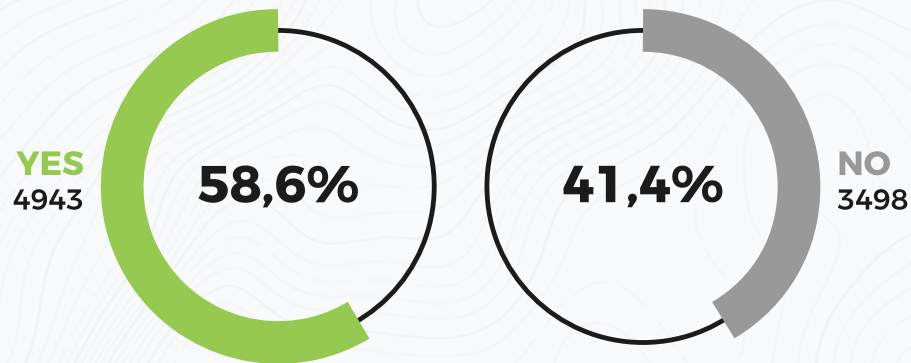
Over 37% of respondents participated in a virtual race in 2020.



NEED FOR GOALS

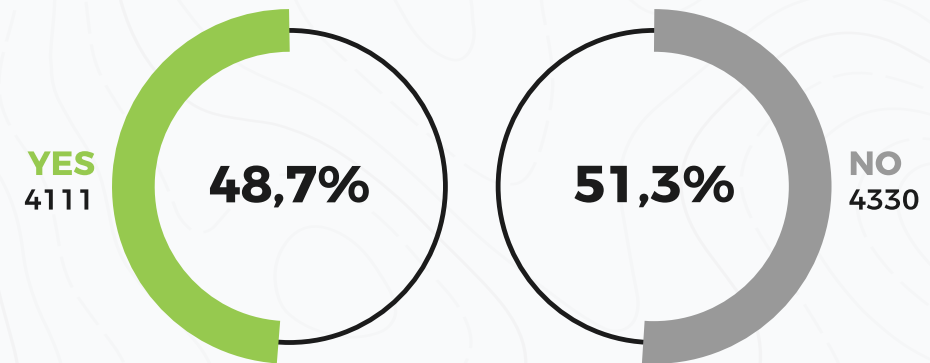
GOALS

The lack of goals has impacted the trail community.
58.6% of runners need goals to train.



TRAINING VOLUME REDUCTION

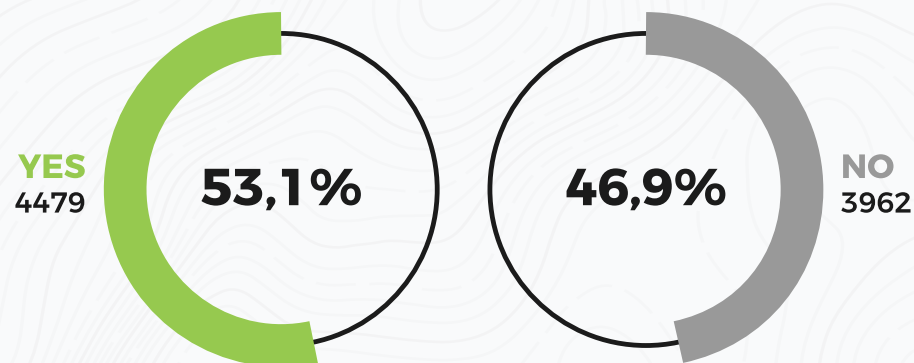
Although the majority of runners, 51,3%, have not reduced their training in 2020, a significant part, 48,7% has.



HEALTH MEASURES

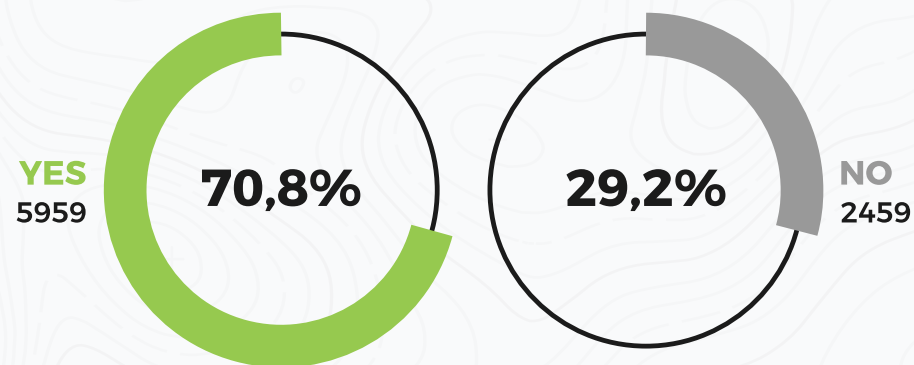
RACING WITH SANITARY RULES

The health measures implemented by the organizers do not represent a major obstacle for 51,3% of the runners.



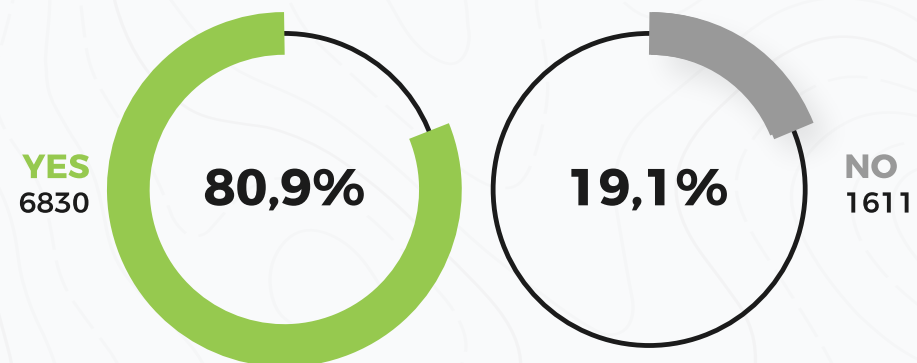
BIOLOGICAL PASSPORT REQUIREMENT

An up-to-date biological passport requirement for travelling does not represent an obstacle for 70,8% of runners.



COVID-19 TEST REQUIREMENT

A negative COVID-19 test requirement for travelling is not a barrier for 80,9% of respondents.



THE COVID-19 IMPACT ON THE TRAIL RUNNER'S ROUTINE

CONCLUSION

These figures from a large sample of trail runners reflect the direct impact on the runners' state of mind and their adaptation to the changes imposed by this global health crisis.

Their initial objectives were modified.

Most of the races took place in the runners' country of residence.

The distances covered were also reduced.

The virtual races were successful.

Runners are mostly willing to respect strict health rules and are also willing to get a biological passport if required for travelling and racing.