

## ChiRunning Survey Highlights

Survey was conducted by West Virginia University in December 2007. 25,000 ChiRunning customers were surveyed. Over 2500 responded.

**Key points confirmed:** ease of learning the ChiRunning method, ChiRunning improves injury prevention, ease of running and greater speed, conversion to the mid-foot strike

- 95% said their ease of running has improved
- 91% feel ChiRunning has played a role in preventing running injuries
- 90% said they were probably or definitely able to change their running mechanics with ChiRunning
- 61% said they were a heel striker before practicing ChiRunning  
71% said they were a mid-foot striker after practicing ChiRunning
- 60% said they were able to make noticeable corrections in less than a month, 31% said immediately
- 54% had an injury and 88% with an injury said ChiRunning probably or definitely helped them recover
- 45% said their perceived exertion/discomfort before ChiRunning was very hard or hard - then less than 5% said their perceived exertion/discomfort was hard or very hard after practicing ChiRunning
- 69% felt their speed improved with ChiRunning
- Number of missed running days due to injury dropped dramatically: 40% had missed more than 10 days prior to ChiRunning, after ChiRunning that number dropped to less than 12%. Prior to ChiRunning 31% had no missed days, after ChiRunning 61% had no missed days due to injury
- 91% said they would recommend ChiRunning to other runners