

## Multimedia Appendix 1: Pre-race questionnaire Q<sub>1</sub>

Questions and response options of the pre-race questionnaire. This is a translation of the original questionnaire in German language.

<b>Question</b>	<b>Response options</b>
Which kind of device do you use for exercising or during running events?	Mobile phone and app Sport watch Smart watch Wristband activity tracker Other None  + open text for vendor and device/app name
What is your sex?	Male Female
What is your age?	16-29 30-39 40-49 50-59 60-69 70-79 80+
How often do you exercise?	Once a week Twice a week Three times or more times a week Once a month Twice a month No frequent exercises at all
In which event do you participate in?	Half-Marathon Marathon Walking
In the past twelve months, how many official running events did you participate in? (Trollinger-Marathon 2016 excluded)	Yes + number of events  None