

Abstract

Diploma thesis from sociology of sport maps the basic socio-demographic characteristics of czech runners, with the emphasis on runners between the ages of 30 – 50, which form the most significant part of running segment. Aside from these characteristics it also deals with running habits, preferences, favourite locations for running, motivations and aspirations regarding not only new race events but also its evolving running equipments and last but not least the increase of informal running groups – light communities.

The vital part is closer look on history of sociology in regards to sport in the Czech republic, and also as a part of world sociological tradition. It shows that even traditional sociological theories can be applied when some processes in society are scientifically studied. In methodological part the concept of free time is used, as well as a new look on alternative tourism – travelling for running events. As a part of second running wave the concept of light communities is examined, too. Moreover, this work shows the closer look on runners' satisfaction in life in comparison with economically active population in the Czech rep (Nov 2018, CVMM).

In terms of quantitative methodology the data are collected (n = 626) via respondent driven sampling approach at various places, e.g. on social networks together with addressing runners on different performance levels. Descriptive statistics and inferential analyses (ANOVA, t-test, EFA, etc.) are gained from questionnaire as the main instrument for collecting data distributed through Google forms.

These research findings may help us to a better understanding of running as phenomenon of today's modern society for a broad running community, but also societal transformation processes themselves. Based on measures presented, it can be continued with new hypotheses or with qualitative methodology investigating runners' mindsets, very similar to protestant work ethic.