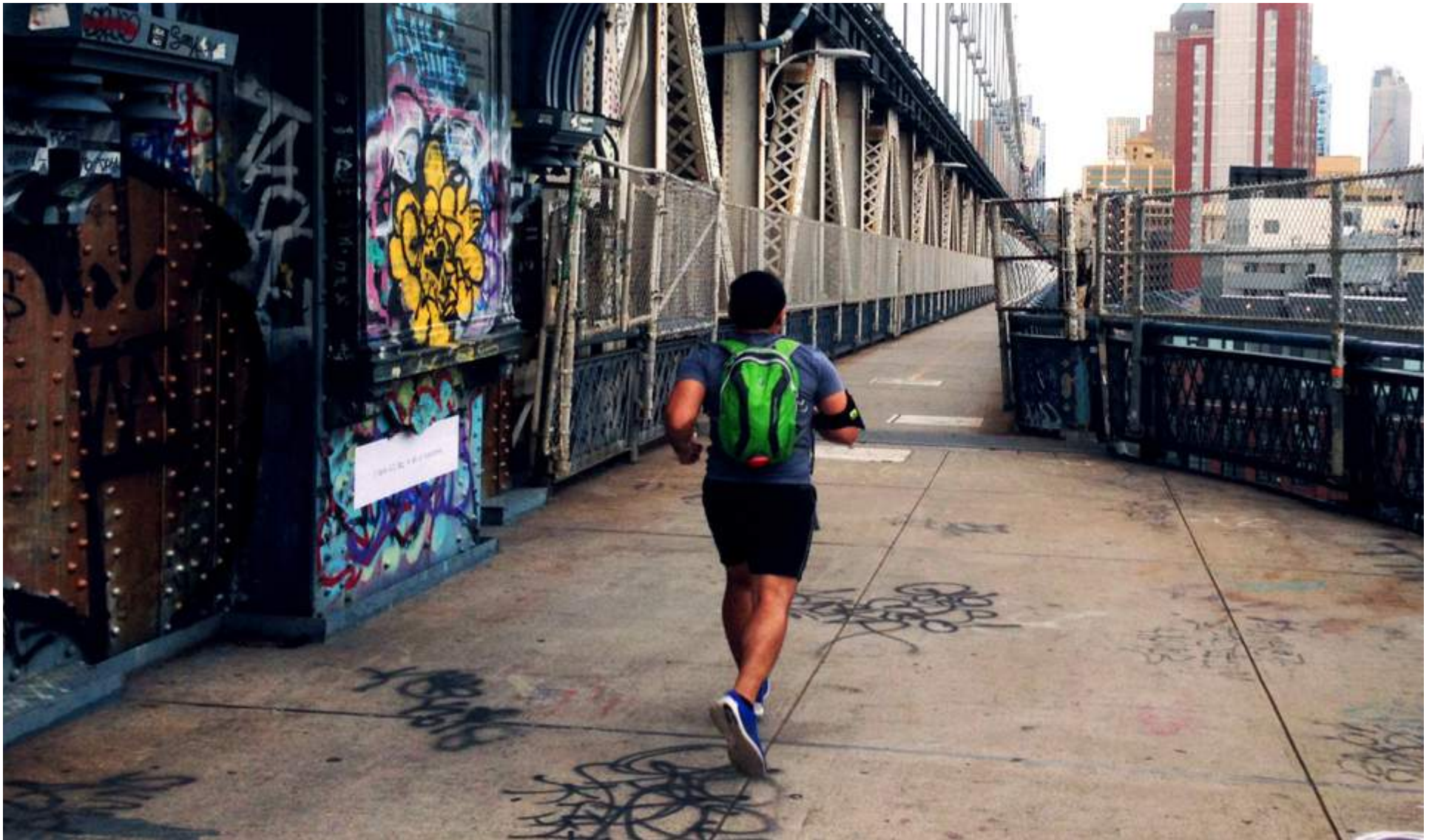




index

introduction.....	5
research.....	8
ideation.....	28
shower concept.....	34
design phase 1.....	44
user testing.....	60
design resolution.....	68
fabrication.....	82



Run-commuter crossing the Manhattan Bridge, New York, New York, summer 2015

run commuting

Run-commuting is using running as a mode of transportation. Run-commuters may run to or from their office and often carry clothing and other personal items with them. Most run commuters run to save time, avoid traffic, stay in shape and train for running races.

I first noticed run commuting when I was walking around central London in 2014. It was about 5 pm and I saw a number of joggers running with small hiking backpacks strapped to their backs. I noticed it because I run myself and it seemed very strange to be running with a backpack, especially in the middle of the city. The only possible explanation I could think of was that they were run commuting and carrying their work clothes in their backpack.



Run-commuters on the Manhattan Bridge, summer 2015

New York, New York

I tried run commuting myself when I was interning in New York City in the summer of 2015. I would run home from my job in Manhattan over the Manhattan Bridge to my apartment in Brooklyn, which was about 7 miles. Run commuting was only about 5 or ten minutes slower than taking the subway.

I saw a number of other run commuters with backpacks on the Manhattan bridge and talked with some of them.

my run commute setup

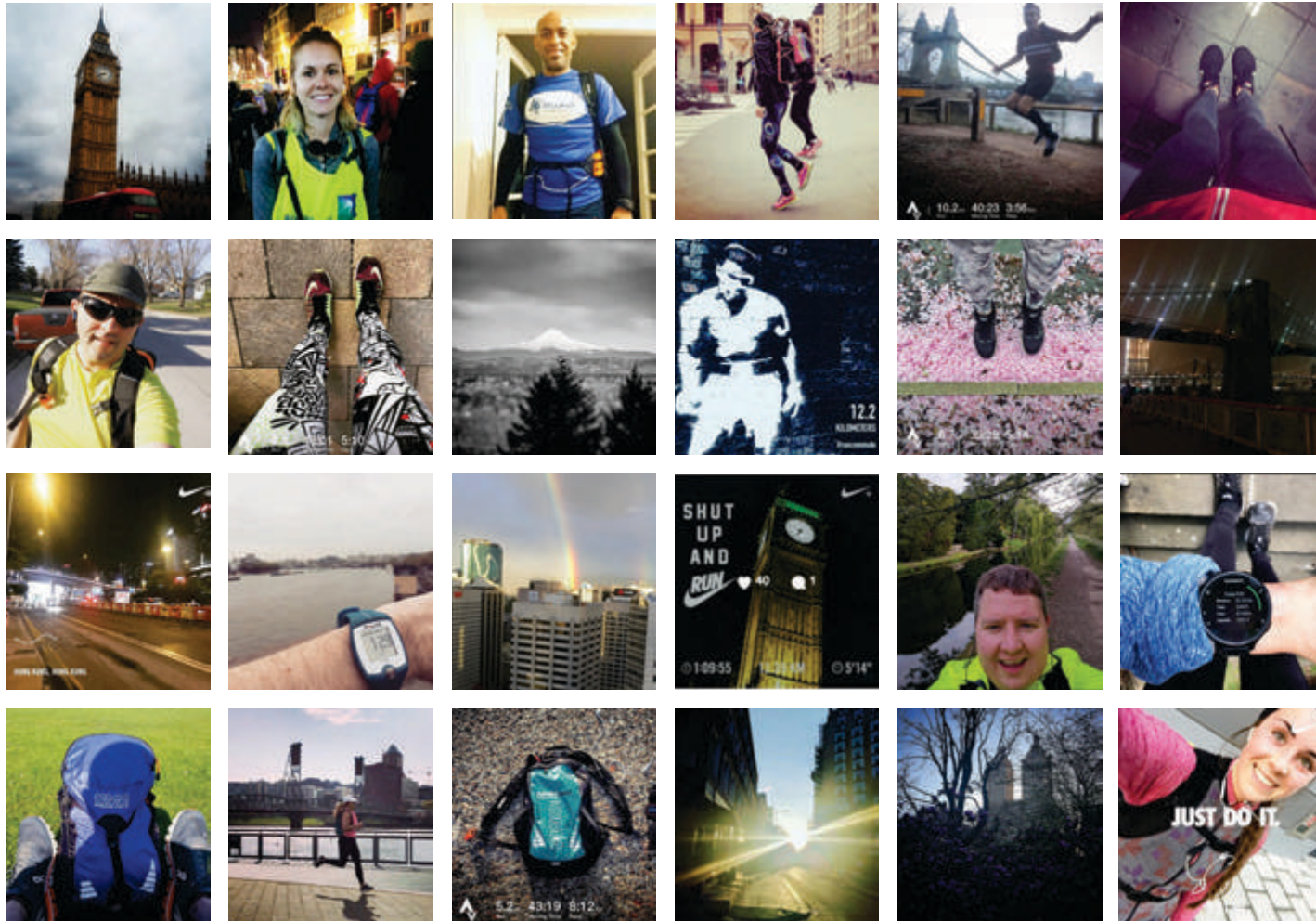
I did everything I could to avoid running with a backpack because I didn't own one that would have been good for running. I took the subway into work and ran home with the bare essentials, leaving my clothes at work to take home at the end of the week.



My run commute setup. No backpack!

RESEARCH

run commuting is a growing phenomenon



All of these images were posted on instagram with the hashtag #runcommute. There are over 14,000 tagged posts.



21 likes · 2d

rohank1974 #TubeStrike? No stress, not this morning at 6am anyway! #BusinessAsUsual #RunCommute #ukrunchat 🏃
gildedglobe1d 🍌

♡ Add a comment... 🍌

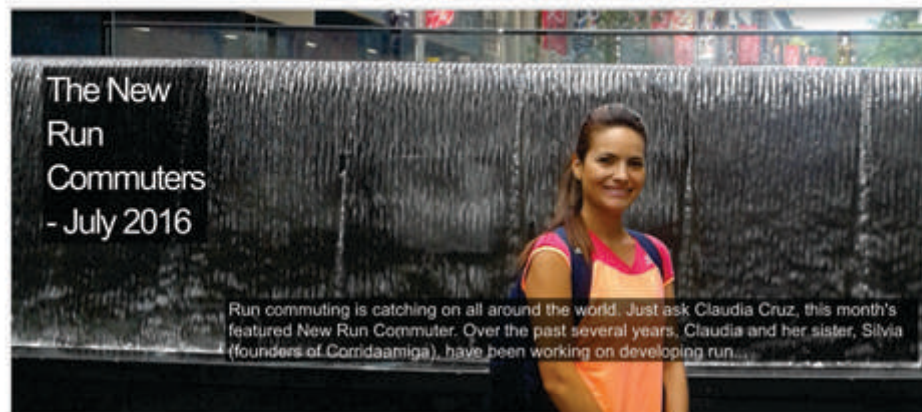


79 likes · 18h

theJarns // Run Commute // what tube strike?! Stuck it to TFL (and those who say hi-vis is not super chic) with a run-overground-run combo and 10 miles in the bag. 🍌🍌🍌
helloftvic Nice one! That's a whole lotta miles around a working day! 🍌🍌
ldn_fit_ @theJarns definitely the best choice - I walked past loads of bus stops and everyone there looked furious!
theJarns #running #runcommute #commuting #tfl #tubestrike #outside #fitness
theJarns @helloftvic yeh I'm thinking of doing as a weekly thing now!
theJarns @ldn_fit_ omg tell me about it squibbvicious So wish I lived close enough to work to run in! Sod the tube strike!
ahealthiermoo Rocking the hi-vis! 🍌

♡ Add a comment... 🍌

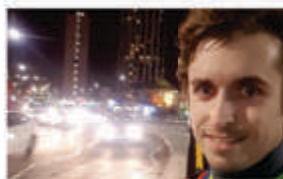
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Is THIS the best run commuting



The New Run Commuters - December 2016
Emphasizing TRC's global reach, this month's featured runcommuter is James Moore, from London, England. Like our profiled runcommuter from



Review: SunWarrior Sol Good Protein Bars
We're big fans of SunWarrior here at The Run Commuter, so we were excited when they sent us a sample from their new line of products - Sol Good Protein Bars. I tested them out

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June 18th, 2013

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October 21st, 2013

Run Commuters Tweet

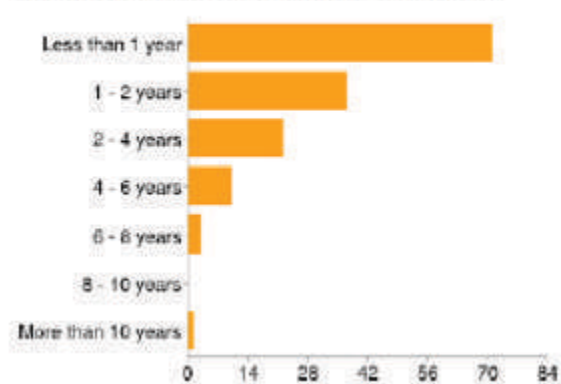
#runcommute

BJ Smith
@BJSmithStrategy
Just completed my first #runcommute. Why didn't I start

SURVEY RESULTS

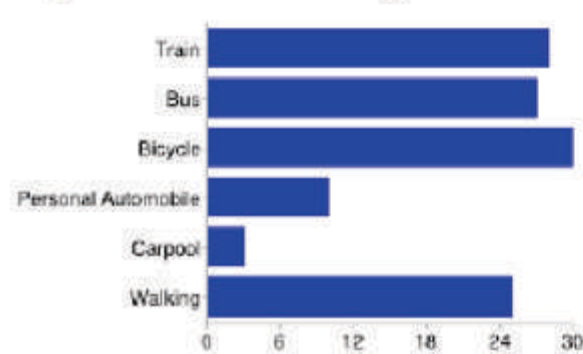
Data from an online 2014 survey conducted by Josh Woiderski of theruncommuter.com.

How long have you been a run commuter?



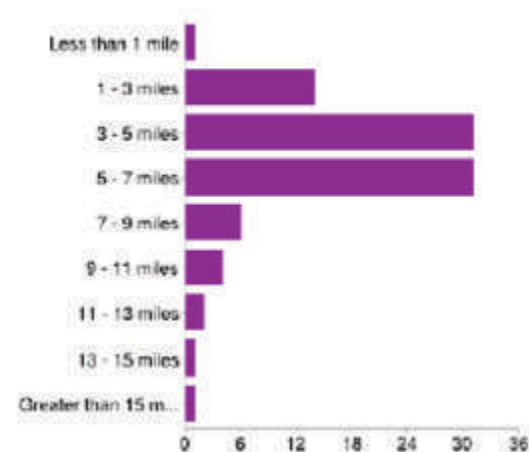
Less than 1 year	71	49%
1 - 2 years	37	26%
2 - 4 years	22	15%
4 - 6 years	10	7%
6 - 8 years	3	2%
8 - 10 years	0	0%
More than 10 years	1	1%

Do you combine run commuting with other forms of transportation? If so, which one(s)?



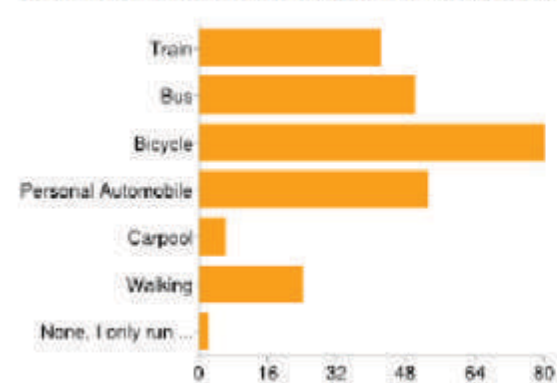
Train	28	19%
Bus	27	19%
Bicycle	30	21%
Personal Automobile	10	7%
Carpool	3	2%
Walking	25	17%

How far is your current one-way run commute?



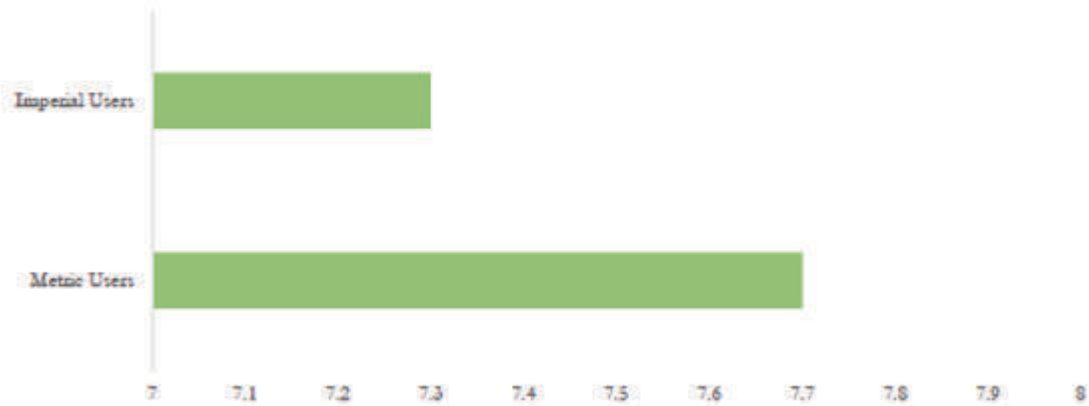
Less than 1 mile	1	1%
1 - 3 miles	14	10%
3 - 5 miles	31	21%
5 - 7 miles	31	21%
7 - 9 miles	6	4%
9 - 11 miles	4	3%
11 - 13 miles	2	1%
13 - 15 miles	1	1%
Greater than 15 miles	1	1%

When not run commuting, which form(s) of transportation do you use to get to and from work?

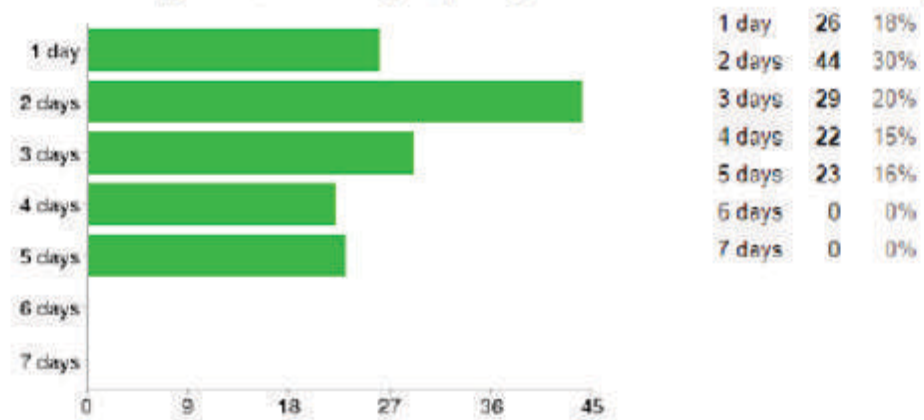


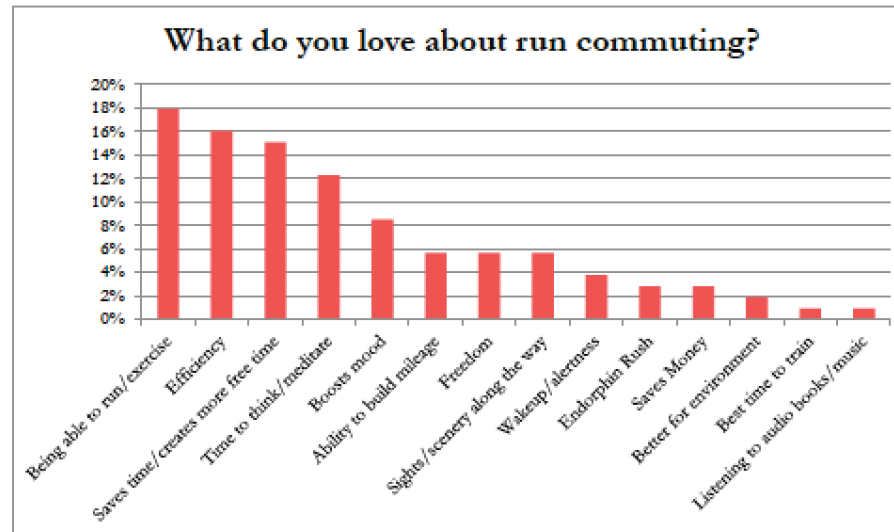
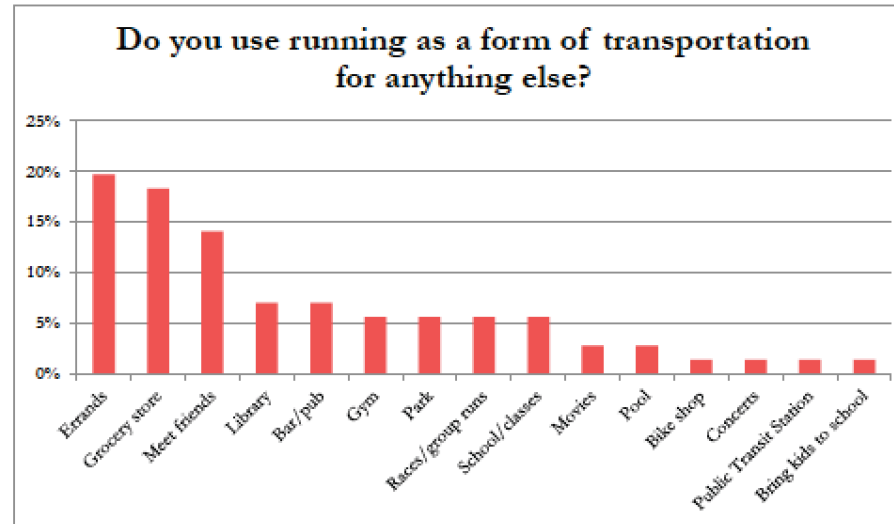
Train	42	29%
Bus	50	34%
Bicycle	80	55%
Personal Automobile	53	37%
Carpool	6	4%
Walking	24	17%
None, I only run commute	2	1%

Distance to Work (Miles)

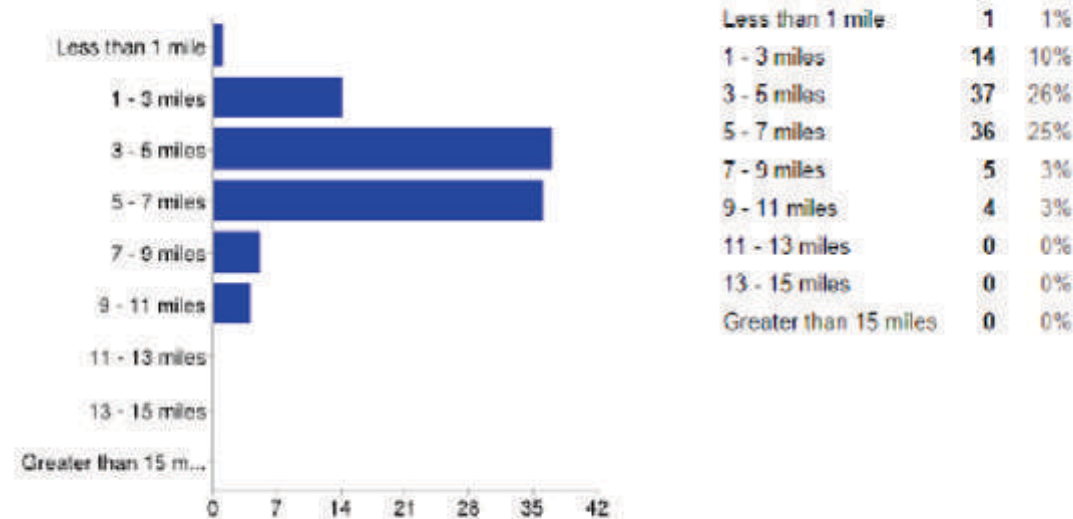


In the average week, how many days do you run commute at least one way?

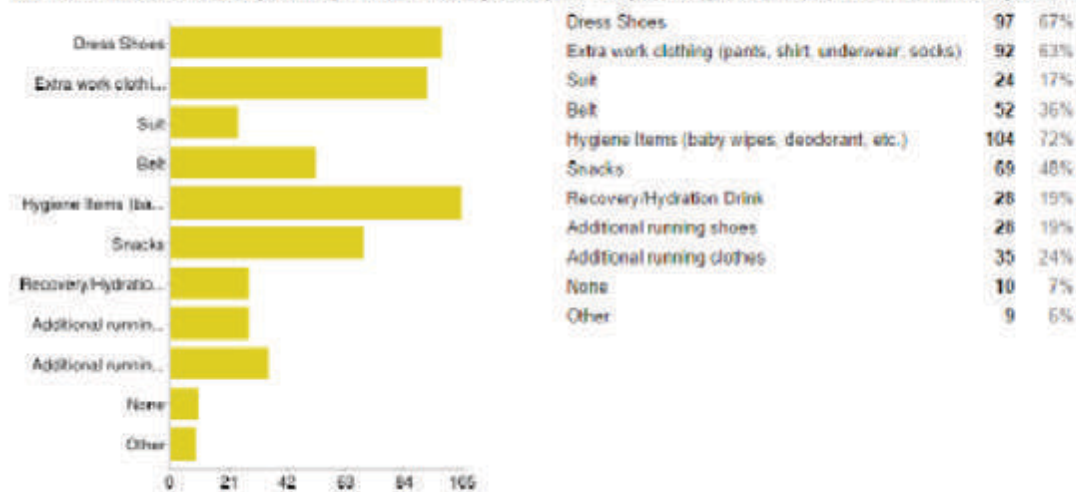




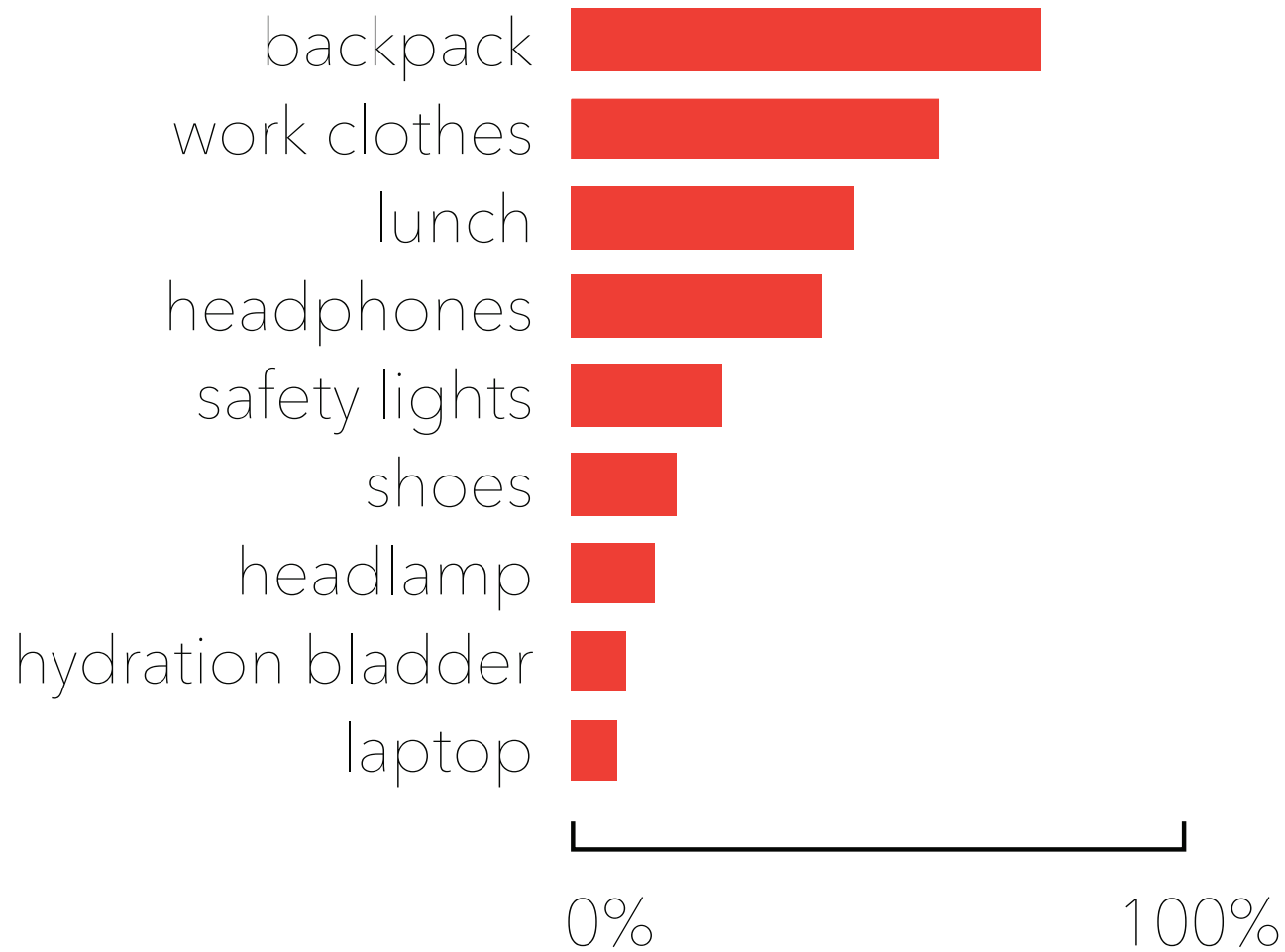
How far is your IDEAL one-way run commute?



Which of these items do you keep now, or have you kept in the past, at your office due to the fact that you run commute?



What run commuters carry:



GEAR BENCHMARKING

hiking packs

key features-

- chest strap
- load compression
- lightweight
- breathable
- rain protection
- laptop sleeve
- clothes org/wrinkle prevention
- safety, visibility

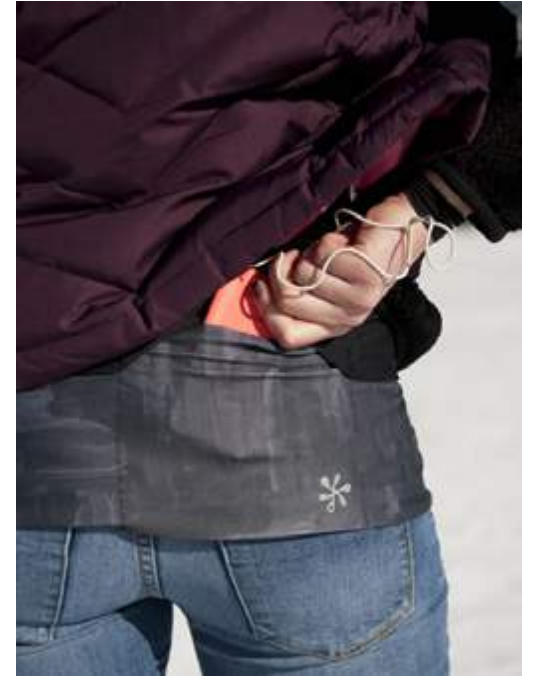


clean up

bathe
 shower
 sponge bath
deodorize
clean/dry gear
 hanging space
store gear/work clothing
 works shoes
 spare clothes
 food



waist belts





inspiration



train running vests



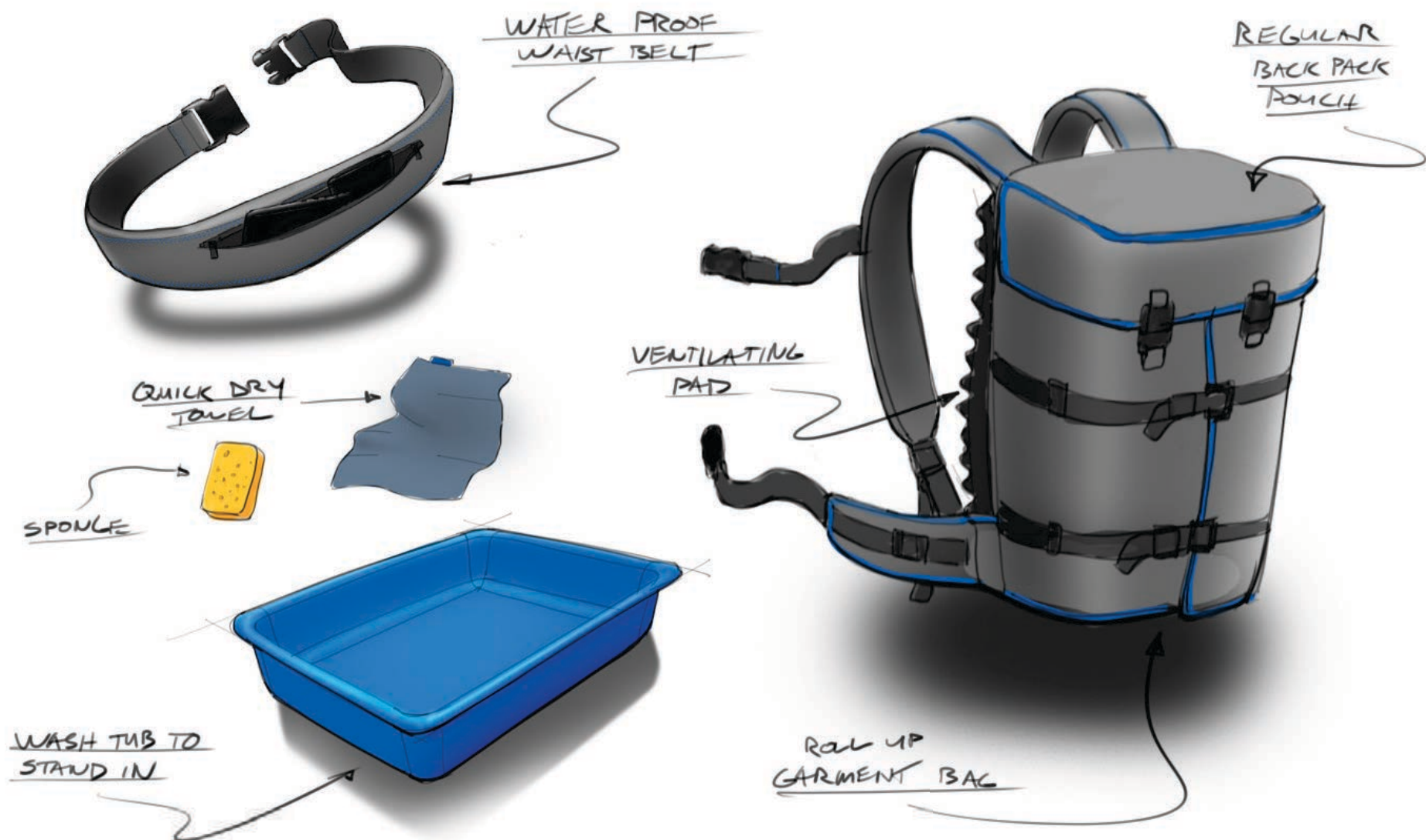


insights

- no back pack is optimized for run commuting
 - bounce reduction
 - water resistance
 - more stylish, urban look
 - wrinkle prevention for clothes carrying
- bathing without a shower is very awkward
 - water gets everywhere
 - privacy



PRELIMINARY IDEATION



school commuting?



laundry service?



SHOWER CONCEPT*

*I worked on the concept of a urban shower kiosk but ultimately decided not to develop a finished design because after a number of critiques and brainstorm sessions it seemed like the concept would not be particularly practical or realistic and my time would be better spent further developing the backpack and it's accessories.

shower solutions



**temporary office
bathroom installation**



street kiosk

street kiosks



Lava mae

"Delivering radical hospitality - an unexpected level of care - to people moving through homelessness restores dignity, rekindles optimism, and fuels a sense of opportunity."



shower requirements

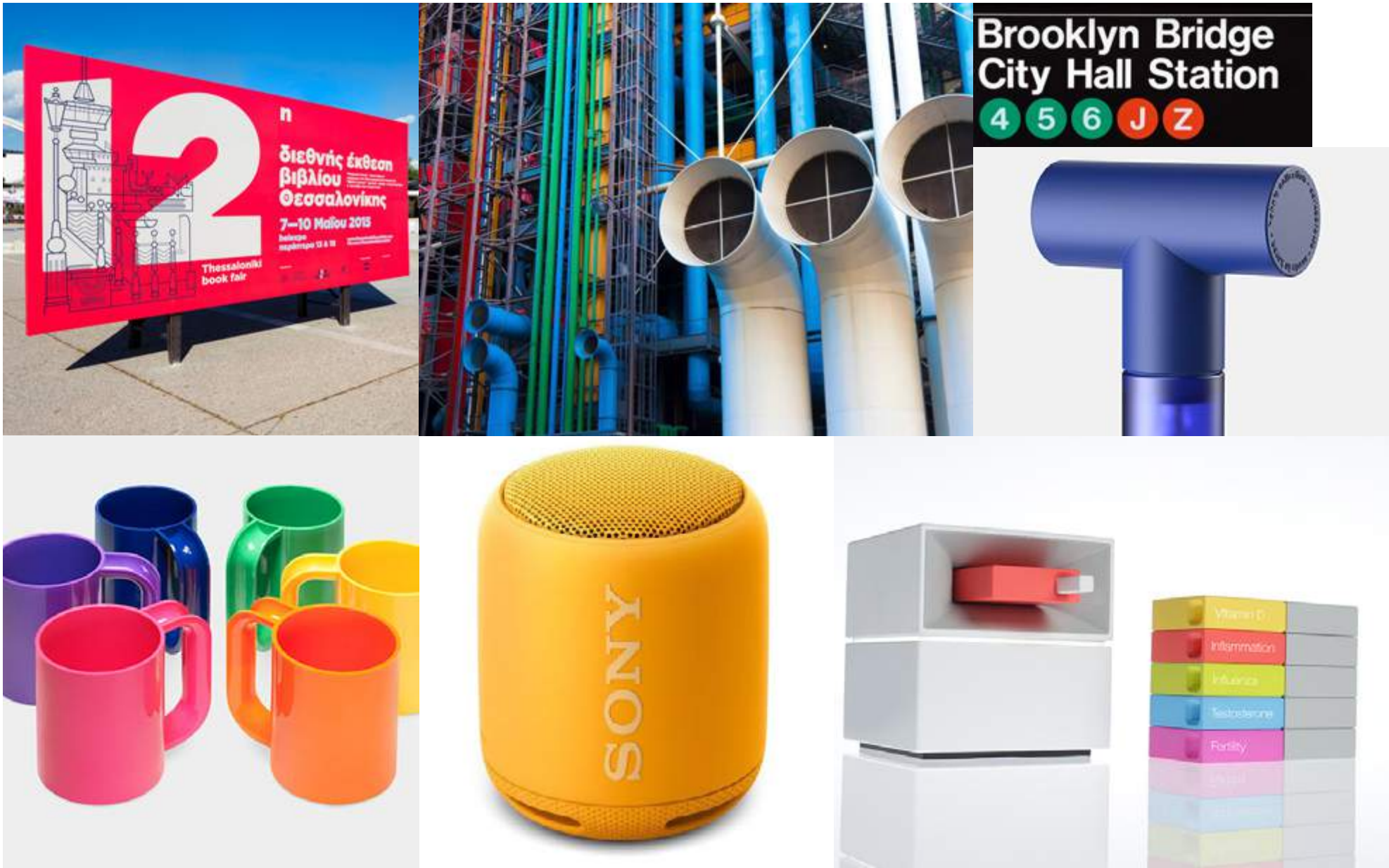
changing area
shower area
toilet?
privacy
window illumination
solar panel
bike locker
clothing/towel lockers
sink?
compact footprint
vandalism resistant
modular/scalable?

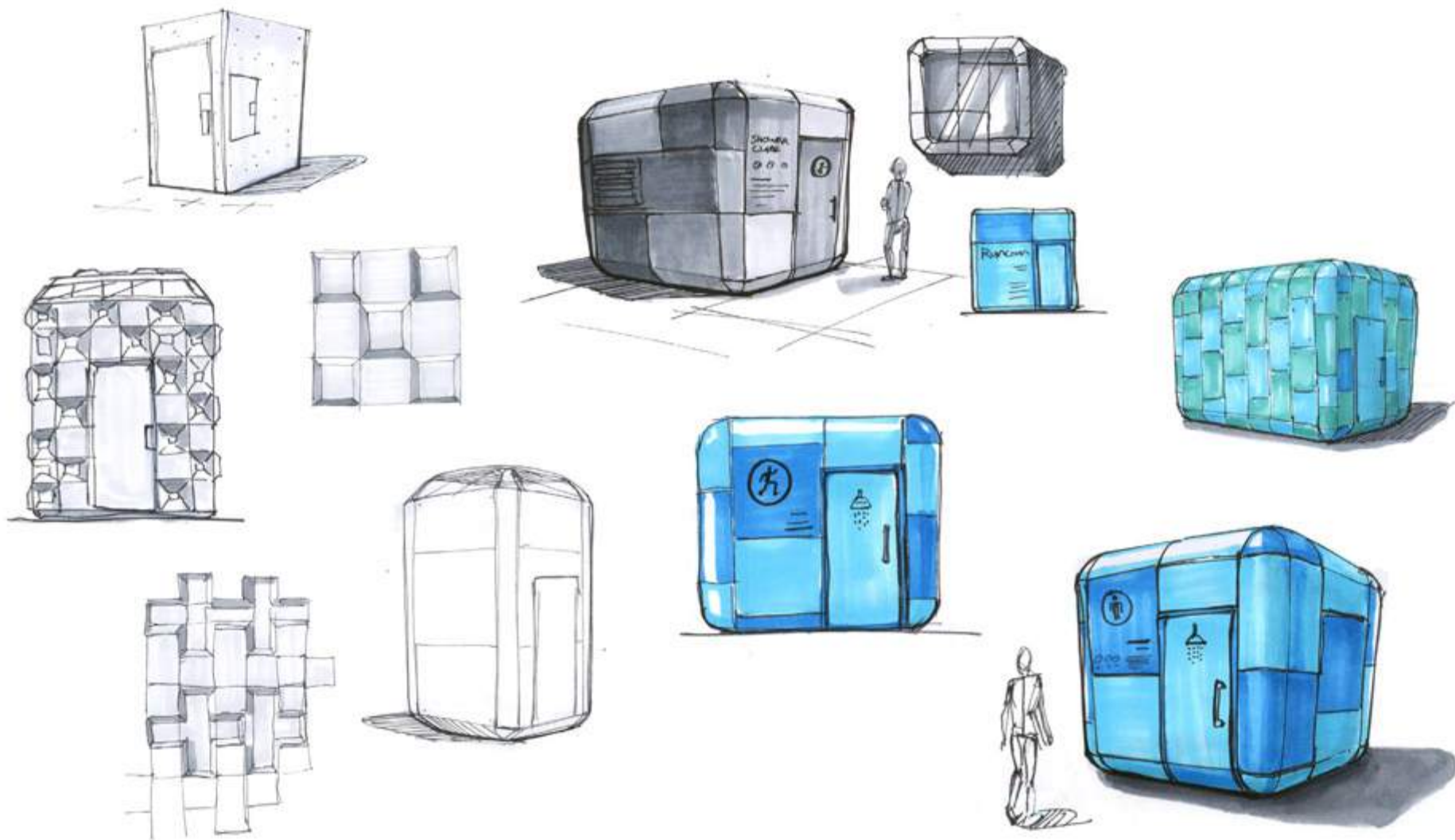
modern geometric





international style pod





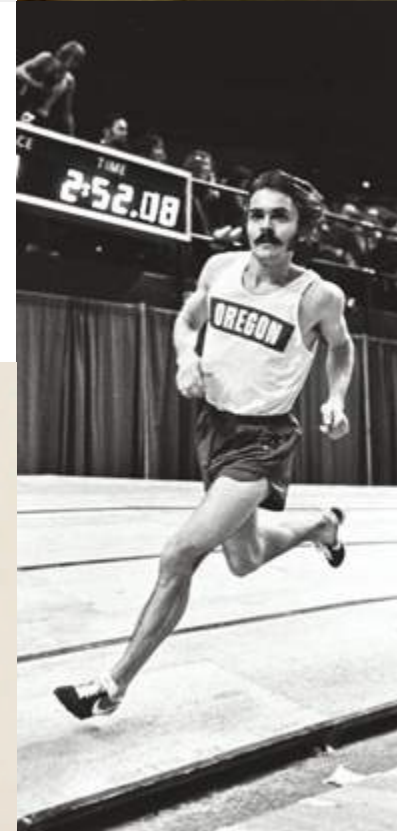
DESIGN

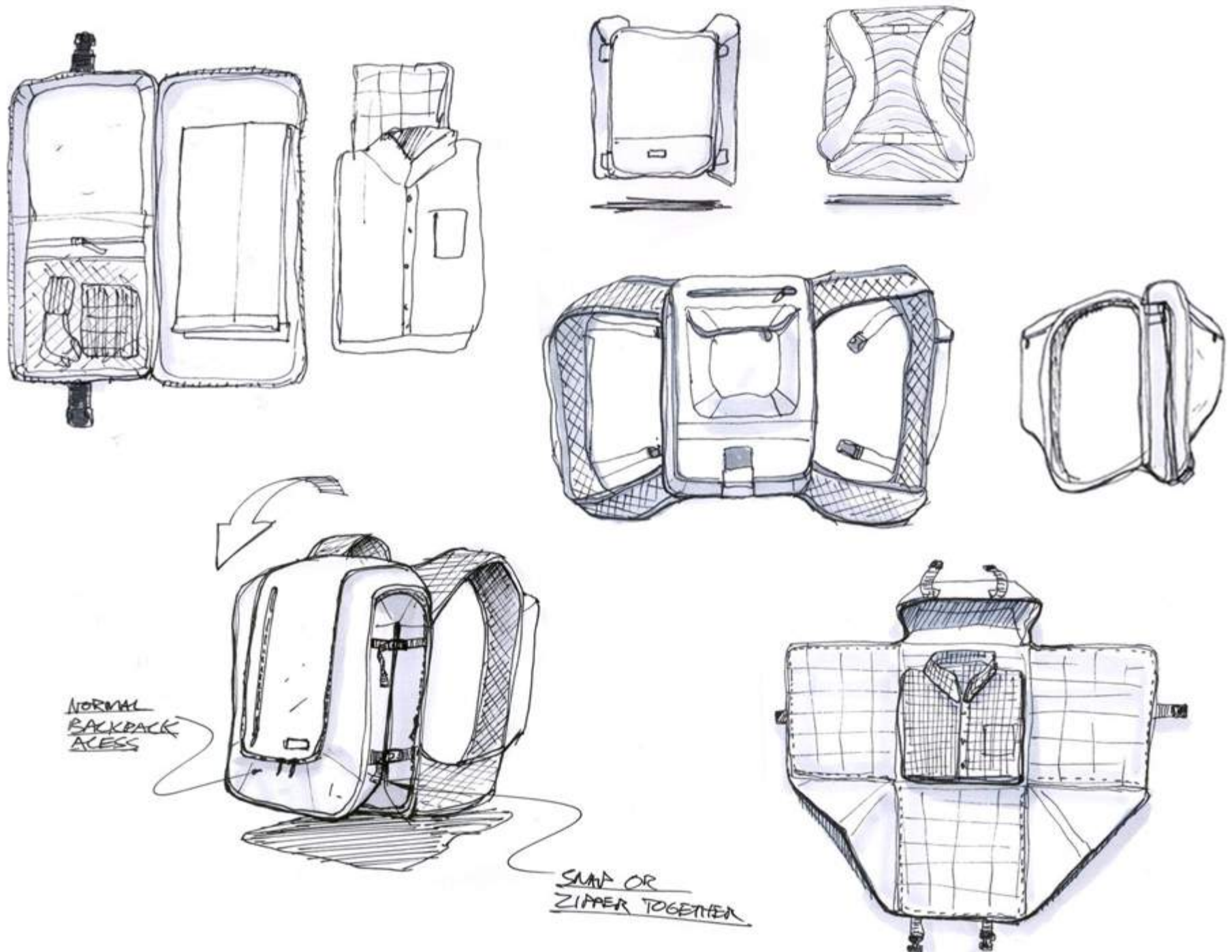
load configuration testing

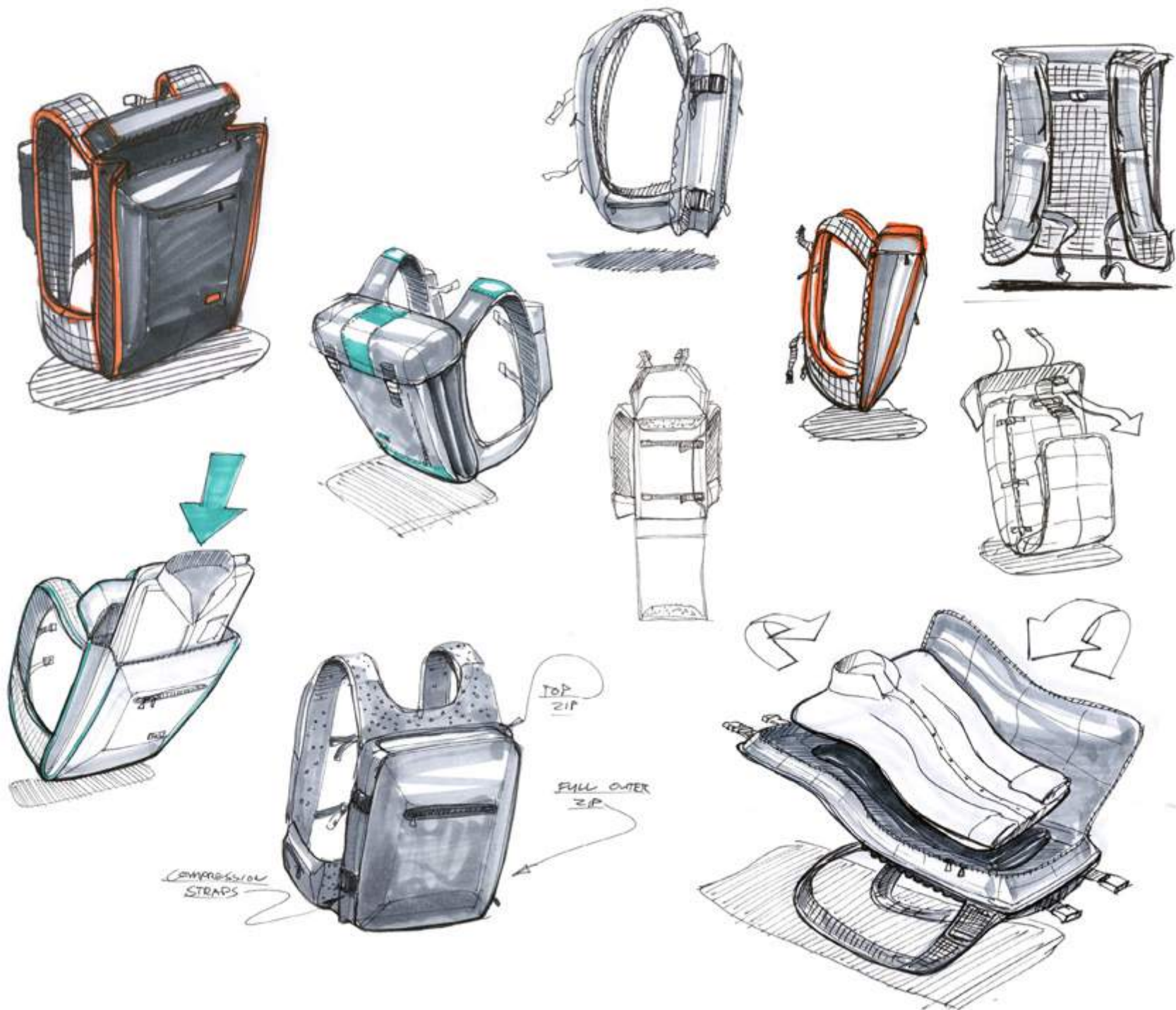




visual ID vibe: track heritage/urban utility







3/4 zip with compression straps



3/4 zip with half-fold



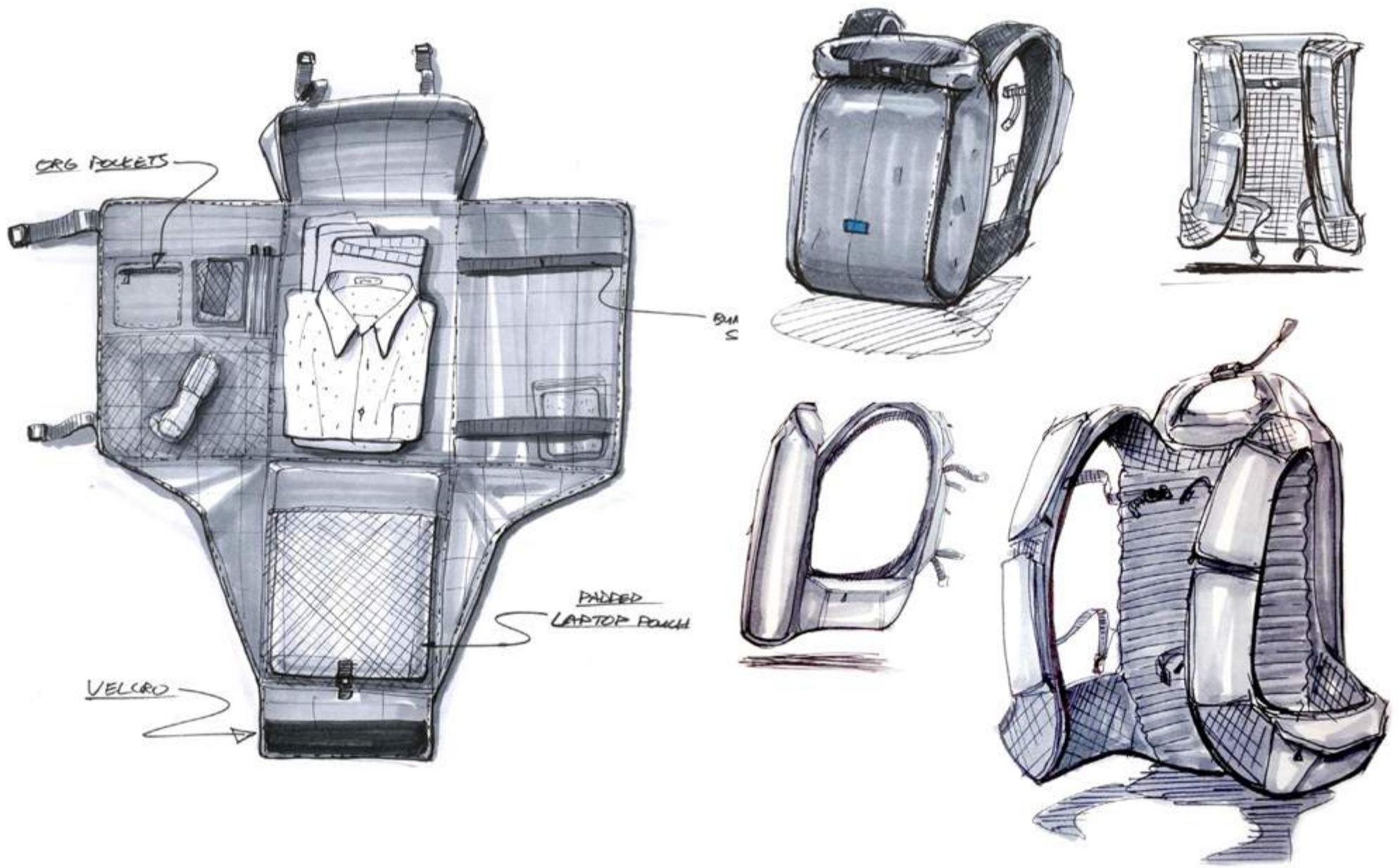
flat fold



user feedback







Prototype 1.0





Prototype 1.2

1. Layout gear



2. Fold flaps and buckle compression straps



3. Fold center flap




4. Roll top and buckle





USER TESTING




Harvey Lewis - Ultra Runner
@harveylewisultrarunner

- Home
- Posts
- Videos
- Photos
- About
- Likes

Create a Page

The Creative & Curious Side of Cincinnati




Like Follow Share

Send Message

Status Photo/Video


Write something on this Page...

Posts



Harvey Lewis - Ultra Runner
20 February at 21:58 · 🌐

Will you be running with Harvey this year?
Here is his complete list of races and adventures for 2017.
They include 17 races - 6 of them ultras, 7 marathons, 1 race representing the USA, 1 race in a backyard, 1 race with a dog and trips to 4 foreign countries.
The fun is just getting started....thanks for following! ... [See more](#)



Athlete

Invite friends to like this Page

Welcome to the official Facebook page of Harvey Lewis, ultra runner and athlete.

4,612 Likes
Harvey Lewis likes this


About [See All](#)

[Message Now](#)

www.runquesttravel.com/

Athlete

Visitor Posts



Michael Bighhead
5 February at 17:03 · 🌐

harvey, thanks for pacing man. I ran with you in 2014 at the LA mar... [See more](#)





Harvey



"It sits too high on the back. It needs to be about an inch and a half lower to avoid back strain."

Harvey and Shelly had a lot of trouble loading and buckling the pack correctly. Not intuitive.

Harvey also carried much more in his pack than I thought a run commuter would carry so I realized I need to add more cargo space

Matt



Matt figured everything out quickly except the roll top and really liked the fold up concept. He said he would prefer it to a normal pack.



"I like how I can layout everything I'm packing and position it so it fits well against my back. I feel like I won't forget anything."

Jim



"Dude i love this fold up garment style concept. I will follow up with a couple of concerns and pictures of what i have now. I like where your head is at on this."

Josh



"Neat design! I really like the overall concept. ."

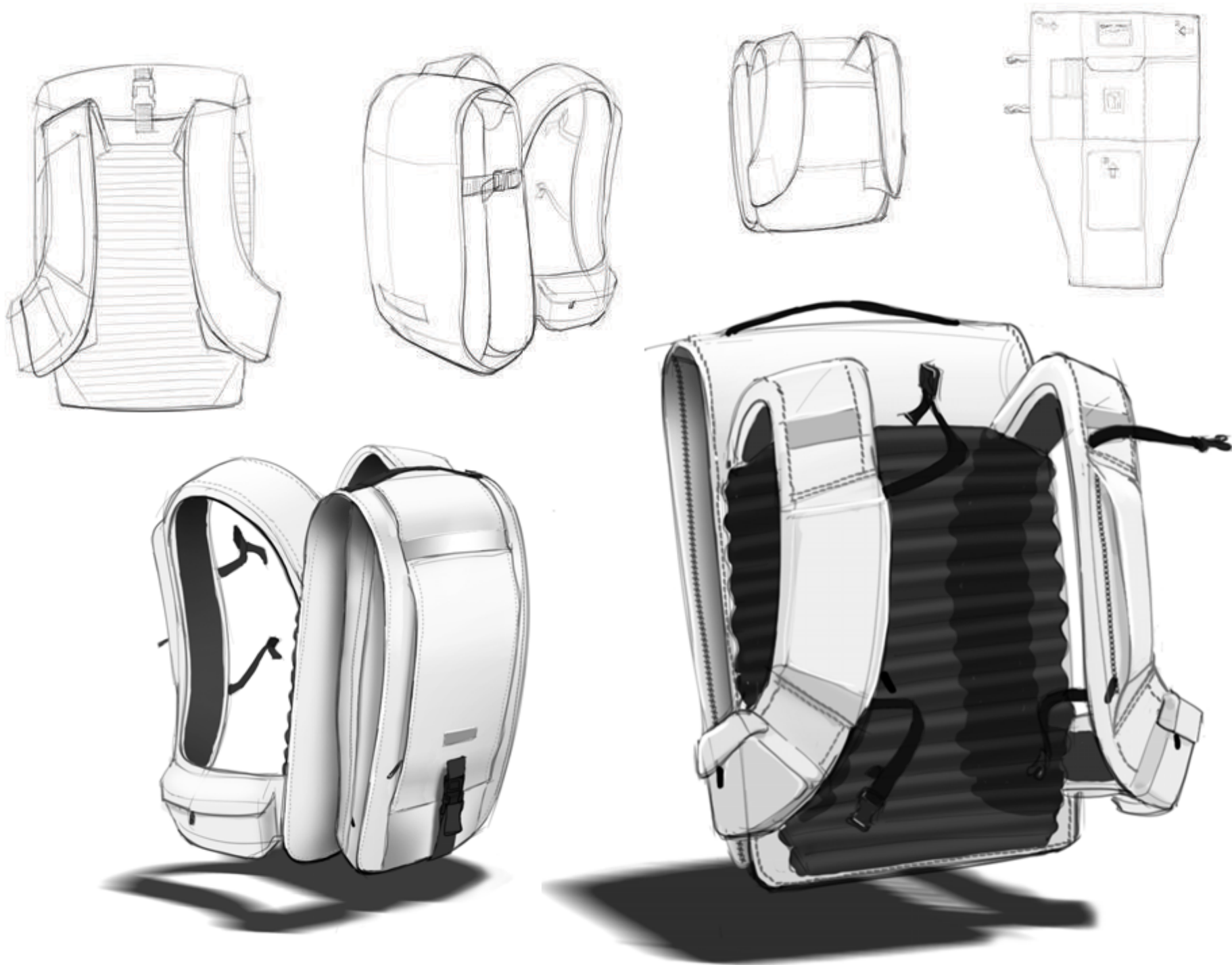
DESIGN RESOLUTION

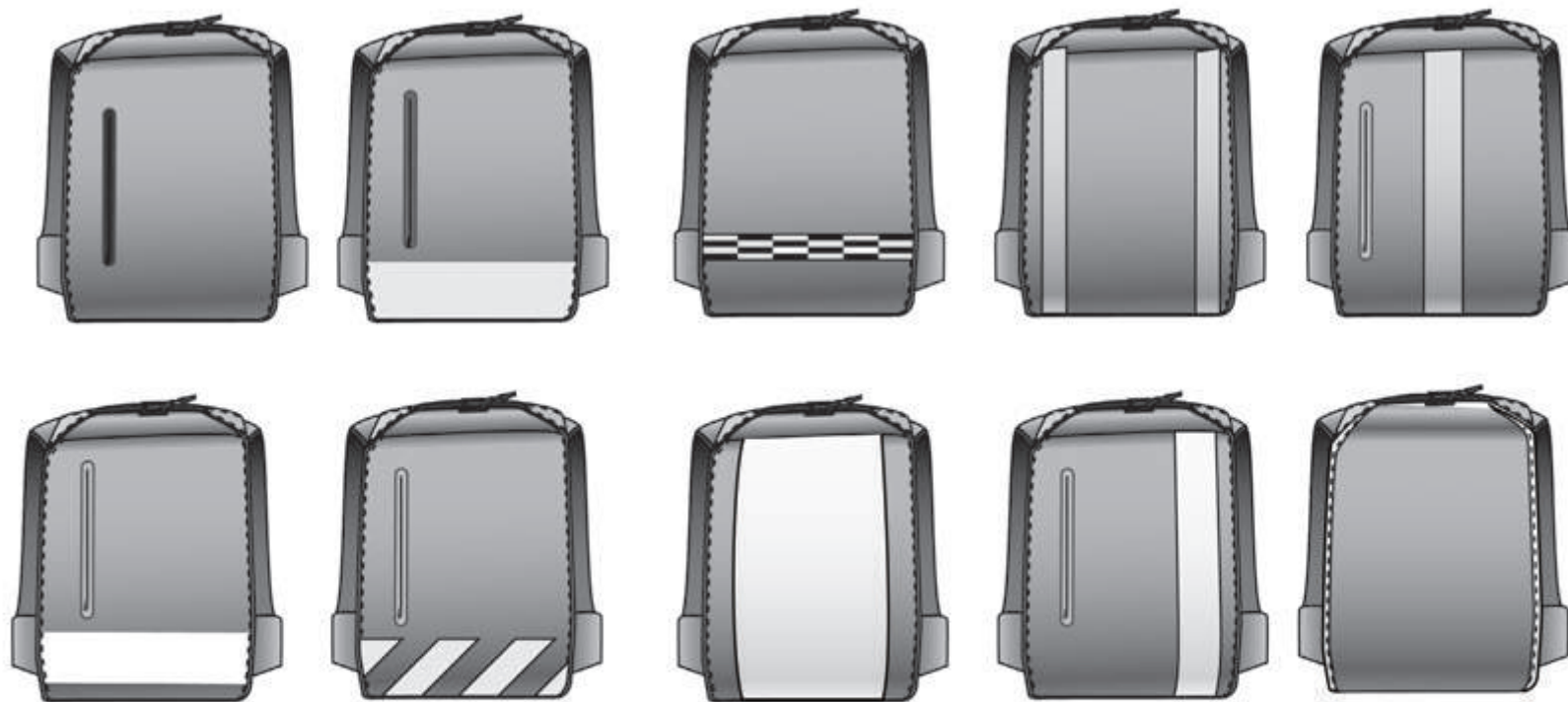
Prototype 2.0







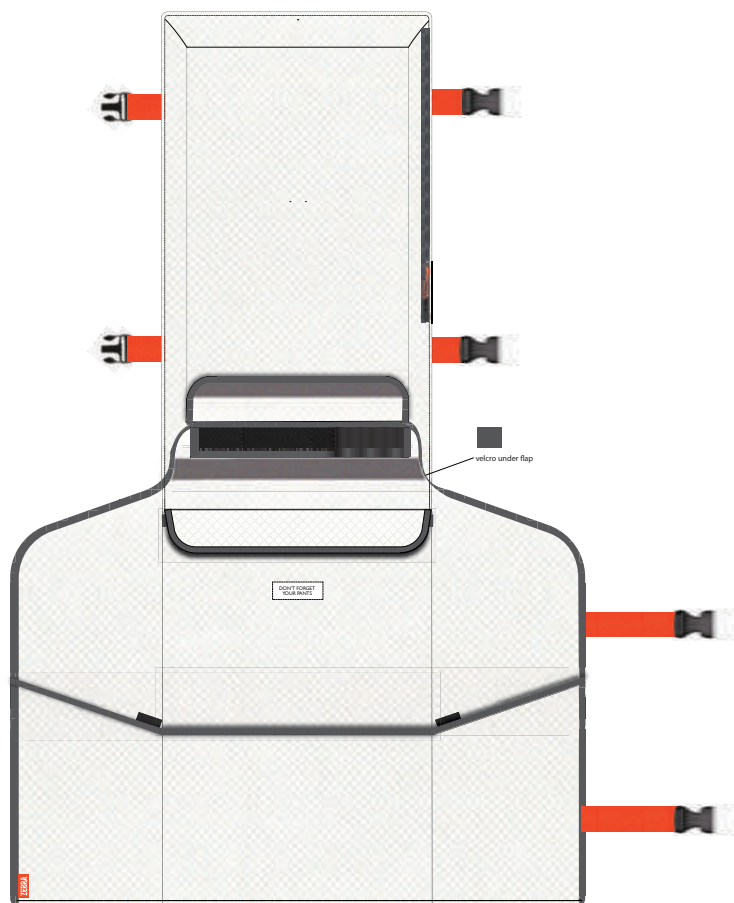




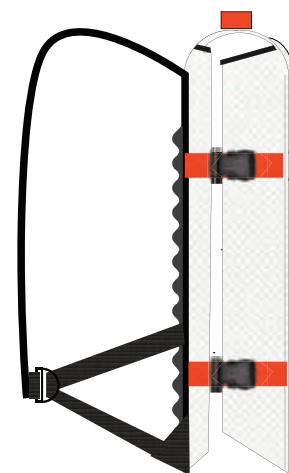
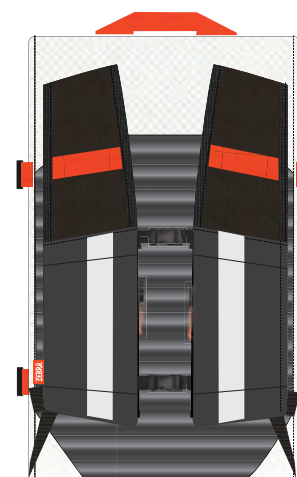
A word cloud visualization of the word "traffic" in various styles, sizes, and orientations, centered around a small map of Africa. The word appears in many different fonts, including bold, italicized, and all-caps versions. Some instances are in white, while others are in black or red. The word is scattered across the frame, with a higher density in the upper left and lower right areas. A small map of Africa is visible in the center, surrounded by a circular border. The background is a solid dark gray.

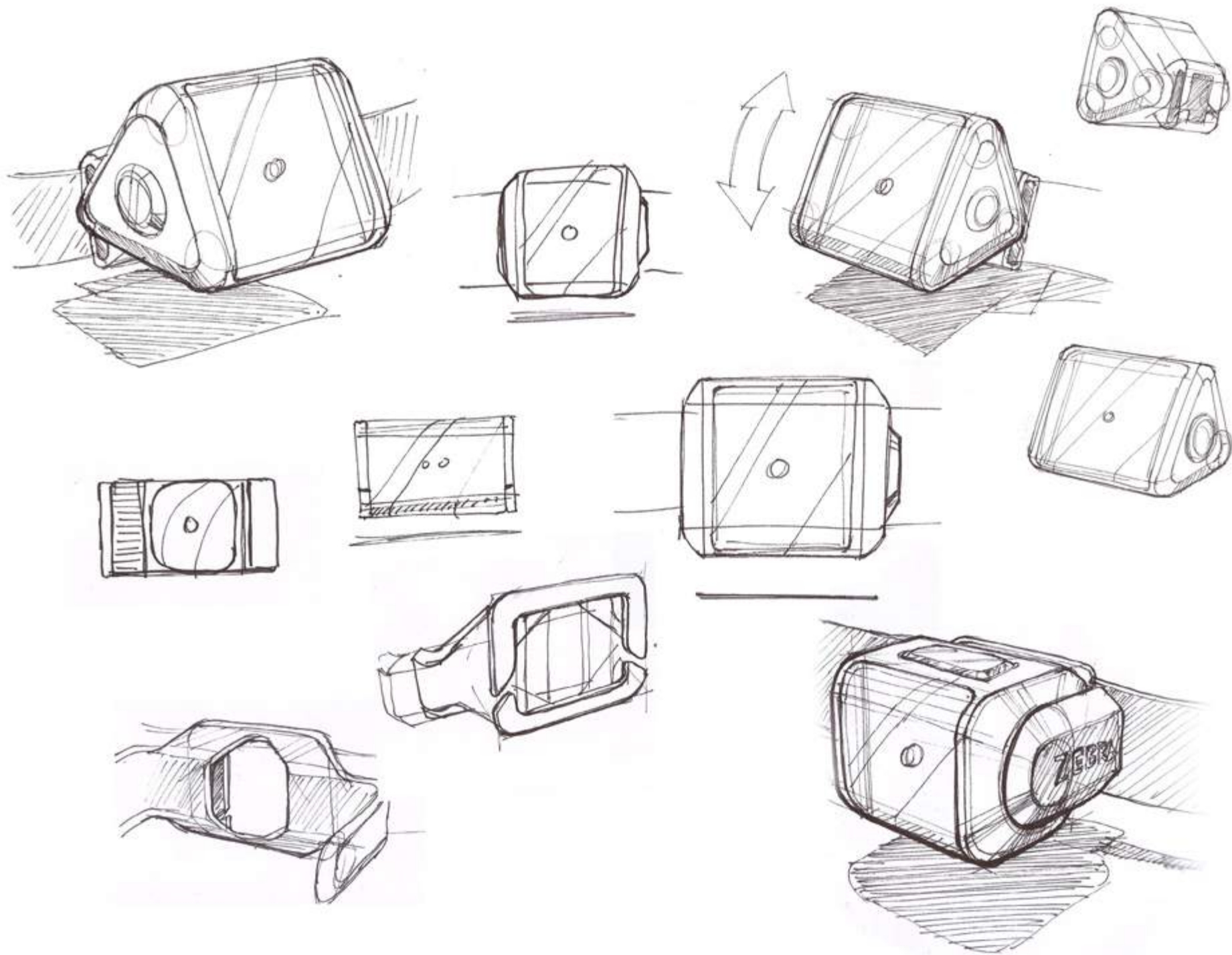


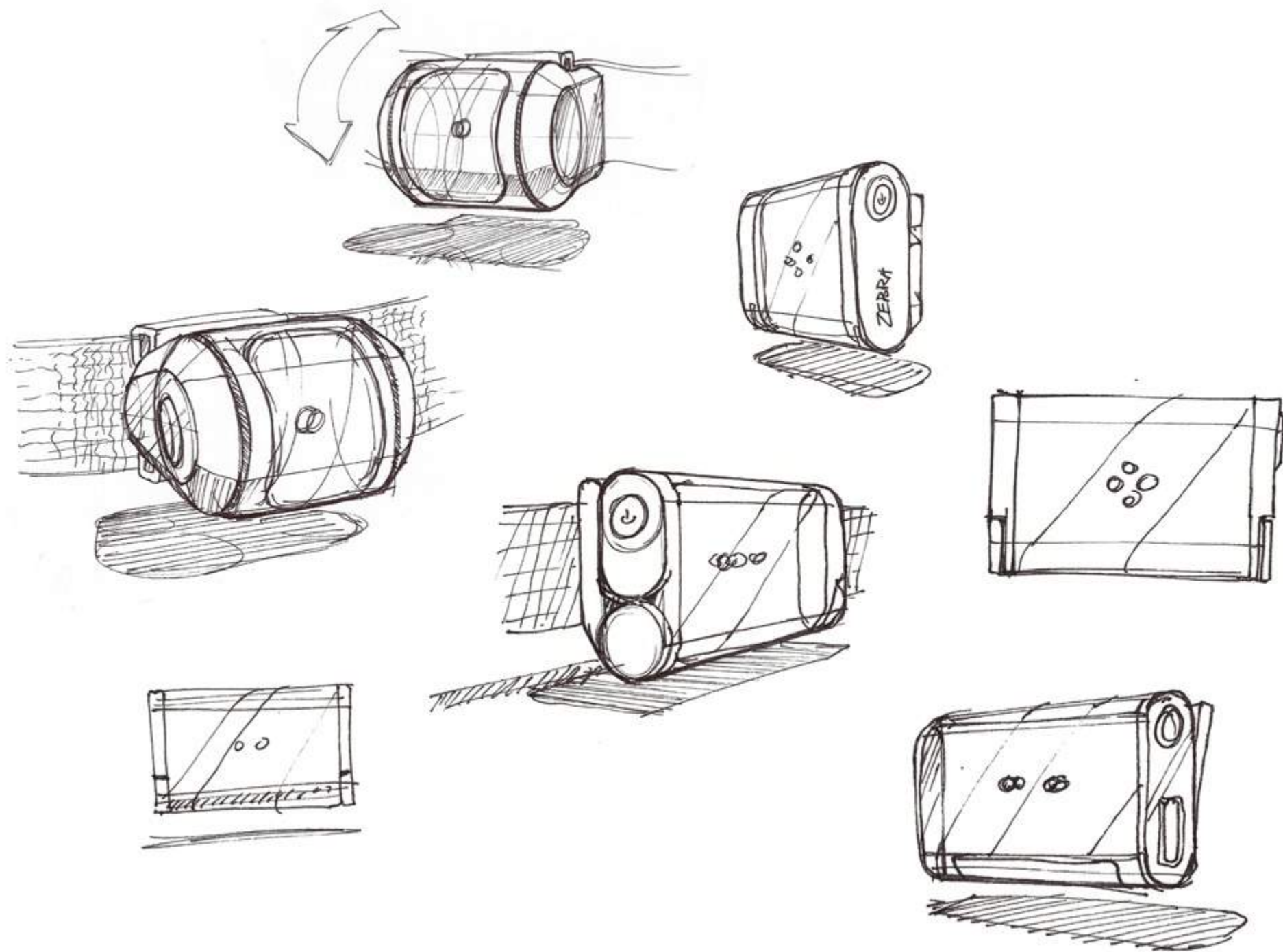




3.5 in











FABRICATION

