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ORIGINAL

PREDICTOR VARIABLES OF THE PERCEPTION OF SUCCESS: DIFFERENTIAL ASPECTS IN ROUTE RUNNERS

VARIABLES PREDICTORAS DE LA PERCEPCIÓN DEL ÉXITO: ASPECTOS DIFERENCIALES EN CORREDORES DE RUTA

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ABSTRACT

We pretended to find out which predictive relationships would be introduced by motivation, commitment to run, negative addiction to run and pre-competition anxiety, concerning the winning perception of a broad sample of 1795 track long-distance runners (1105 Spanish, 690 Mexicans). Of them, 85.65% were men, ages $M=37.88$ ($SD=10.45$) and 14.35% were women, ages $M=37.88$ ($SD=9.80$). The data was obtained by adapting to Spanish the following: "Perception of Success Questionnaire" (POSQ), "Motivations of Marathoners Scales-34 (MOMS-34), Commitment to Running Scale-11 (CR-11) and Revised Competitive State Anxiety Inventory-2 (CSAI-2R). The values obtained on the winning orientations of the runners were average and similar, although significantly higher in the Mexican sample, due to their higher commitment and motivation, as well as the cultural

differences between these nationalities. The predicting models of the success perception obtained were very similar by nationality, but differentiated by sex, obtaining high explicatory variances.

KEY WORDS: Go orientation; task orientation; motivation; commitment; adiction; anxiety.

RESUMEN

Se pretendía conocer qué relaciones predictivas presentaban la motivación, el compromiso a correr, la adicción negativa a correr y la ansiedad precompetitiva, sobre la percepción del éxito en una amplia muestra de 1795 corredores de fondo en ruta (1105 españoles, 690 mexicanos). De ellos el 85.65% fueron hombres con una edad de $M=38.98$ ($DT=10.45$), y 14.35% mujeres, con una edad $M=37.88$ ($DT=9.80$). La recogida de datos se llevó a cabo mediante las adaptaciones al castellano del *Perception of Success Questionnaire (POSQ)*, *Motivations of Marathoners Scales-34 (MOMS-34)*, *Commitment to Running Scale-11 (CR-11)* y *Revised Competitive State Anxiety Inventory-2 (CSAI-2R)*. Se obtuvo que los valores en las orientaciones de meta de los corredores son medios y similares, aunque significativamente mayores en la muestra mexicana, debido a su mayor compromiso y motivaciones, así como a las diferencias culturales entre ambas nacionalidades. Los modelos predictores de la percepción del éxito obtenidos resultaron muy similares por nacionalidades, pero diferenciados por sexos, obteniendo altas varianzas explicativas.

PALABRAS CLAVE: Orientación al ego; orientación a la tarea; motivación; compromiso; adicción; ansiedad.

INTRODUCTION

Since the early 70's, it's being studied the field of sport psychology to a population that does nothing but grow exponentially with the passage of time, the route runners in general and of marathoners and half marathon in particular. Simply by consulting the numbers of participation of the principal marathons of the world prove that the first years climax of jogging where significant and now a days is quite frequently finding careers with close to 50,000 runners (Chicago, Paris, London, Berlin, Boston...), even overcome this cipher (New York). In Spain, the most popular marathons are the ones in Madrid (More than 30,000 runners on the last edition), Barcelona (more than 20,000) and Valencia (close to 15,000).

Because of the popularization participating in the long distance career, there has been various psychological constructs discussed in the runners to try to answer all the questions raised about them. The one that has generated a major number of

investigations has been the motivation to work out and participate in career, agreeing with the majority of those in which are the most auto determined, the one that prevails. (Masters, Ogles & Jolton, 1993; Ogles & Masters, 2000; Ruiz-Juan & Zarauz, 2011a and 2014a; Zarauz & Ruiz-Juan, 2013a). Another psychological construct that has been analyzed is their commitment to run (CC), understood like being in the right mind to continue the sport practice (Scanlan, Carpenter, Schmidt, Simons and Keeler, 1993a; Scanlan, Simons, Carpenter, Schmidt and Keeler, 1993b), as also it has been obtained high numbers in the majority of the investigations (Carmack & Martens, 1979; Leedy, 2000; Ruiz-Juan & Zarauz, 2011b; Thornton & Scott, 1995).

Other of the many analyzed constructs, the negative addiction of running (ANC), respects the negative face of commitment in the runners (Chapman & De Castro, 1990) that manifests when it's on its edge that is harmful for their quality in life that is because it deteriorates their social life as a runner, their job or even their health (Ruiz-Juan & Zarauz, 2012a), including the physical level (keep running while injured, against the medical council) or mental (abstinence syndrome, anxiety and irritability when the training is lost) (Morgan, 1979). The majority of studies match that the ANC is half, even, half high (Chapman & De Castro, 1990; Zarauz & Ruiz-Juan, 2011a and 2011b). Other multidimensional construct analyzed has been the precompetitive anxiety of the runners. Also, having obtained medium numbers in cognitive anxiety and somatic. Theirs been high numbers in auto confidence with the majority of investigations made in this population (Ruiz-Juan, Zarauz & Flores-Allende, 2015a; Ruiz-Juan & Zarauz, 2014b).

As well theirs been analyzed the diverse marathoners constructs compendium of others, like the resistant personality (Jaenes, Godoy & Roman, 2008), that refers to the characteristics of personality related with personal control perceptions, commitment and challenge of the runners, or the super adherence (Dawson & Peco, 2004; Zarauz & Ruiz-Juan, 2012), understood as the addition of the high motivation, CC y ANC. Also it's been analyzed the roll of the various variable mediator for training and sociodemographic in which some of this psychological constructs mentioned before (Masters & Ogles, 1995; Masters, et al., 1993; Ogles & Masters, 2000; Ruiz-Juan & Zarauz, 2012a; Zarauz, Ruiz-Juan & Flores-Allende, 2014; 2016).

However, nowadays there is very little investigations that try to study the success of perception in road runners. The theory of the achievement goals (Nichols, 1989) establishes the objective in people's achievement contexts (which is in the performance evaluated around the success and failure, like sports) is demonstrate the ability in which the ability can be conceived in every athlete like synonym of effort, hard work, progress and personal improvement (dispositional goal orientated to the task), or like the demonstration of superiority over the rest (dispositional goal orientated to ego).

In the majority of investigations in population with variety of sports, it has been obtained that the values in orientation to ego where medium and the results obtained in the task orientation where high even very high (Cecchini, Gonzalez, Carmona & Contreras, 2004; Cecchini, Gonzalez & Montero, 2008; Gonzalez-Cutre, Sicilia & Moreno; 2006; Ruiz-Juan, Gomez-Lopez, Pappous, Alacid & Flores-Allende, 2010; Standage & Treasure, 2002; Zizzi, Keeler & Watson, 2006).

Nevertheless, analyzing the population of road runners, recently Ruiz-Juan, Zarauz & Flores-Allende (2015b) obtained medium numbers and without significant differences in their goal orientations. This clear balance in the perception of success among marathoners creates the necessity to search and deepen the study of this psychological construct in this population. Furthermore, this author analyzed the influence in diverse sociodemographic variables in their perception of success. Only the fact of having a coach, no children or minor, seem to be the variables that most influence this vary.

Other type of athletes, the specialist in trail testing, even obtaining more higher motivational scores in the intrinsic stimulating experiences (Ruiz-Juan & Zarauz, 2012b), also obtains moderate values in both goal orientations, very similar to the runner athletes on the trail testing. This shows a clear balance in the perception of success in this sport that does not occur in other ones. The necessity to deepen the study of more psychological variables that can explain it. Thereby, it would be expected that the success in perception of the runners no only influence some of the sociodemographic variable, but also, they can make other psychological constructs like the motivation among runners, their healthy commitment with training and competition, their negative addiction of running or the different dimensions of precompetitive anxiety. Accordingly, the principal objective of the present investigation happens to know and analyze the predictive relations that motivation presents, the commitment to run, the negative addiction to run and the precompetitive anxiety. About the perception of success is a wide sign of runners and their differences by gender and nationality.

As start point, the hypothesis was managed with minimal significant differences by gender and country. The orientation, runner's ego was going to be increased by major scores in their less auto-determined motivations (Recognition), in their ANC and in some of the anxiety dimensions. At the same time, their task orientation was going to be increased by higher scores in the autodetermined motivations (Meaning of the self-esteem life, overcoming of personal-competition goals), in their CC and their self-confidence.

METHOD

It talks about descriptive, comparative and transversal study.

Participants

From the total of enroll runners in the half marathons from Almería and Elche (Spain) and Guadalajara (Mexico) where split in 2010. To ensure that the sample was representative (error $\pm 3\%$, confidence interval 95.5%). A design was applied of sampling stratified by proportional allocation having in count the gender (86.65% of men and 13.35% of women) and their age. 1,060 trail road runners where questioned that participated in the Almeria half marathons (30/01/2011), Elche (03/04/2011) and Guadalajara (20/02/2011). Also, through the internet responses where obtained of 741 questionnaires of marathons and a half runners from 01/03/11 to 20/03/2013. As a result, the voluntary random sample was of 1795 (1105 Spanish, 690 Mexicans) road trail runners that was made-up by 1541 men (85.7%) between the ages of 18 to 76 years old ($M=38.98$; $DT=10.45$) and 254 women (14.35%) between the ages of 18 to 69 years old ($M=37.88$; $DT=9.80$). Therefore, there is a representative sample with a $\pm 2.30\%$ error, to a range of confidence of 95.5%.

Procedure

In the previously quoted careers, it was asked permission to the career organization through a letter in which they explained the objectives of the investigation, how would the study be made and it came with a model of the instrument. The questionnaire was being organized in a stand that was available to collect the marathon number of every athlete participating, one day before the marathon. To extend the sample and obtain a more enlarging variety geographically in the Spanish territory, it was requested a collaboration to the Webmaster with the first forum about Athletics in Spain (<http://www.elatleta.com/foro/forum.php>), that was asked to hang the questionnaire in the trail hall section (<http://www.retos.org/encuesta/inicio.html>). In both cases, all of the fellows where informed about the objective of the study, of the willfulness, absolute confidentiality of the responses and handling of data, that there was no right or wrong answers and they were requested in answering with maximum sincerity and honesty. As well, they were asked that if they answered previously this questionnaire they should not do it again. This work possesses the fair inform of the University of Bioethical Commission at Murcia.

Instruments

A questionnaire was applied and was made-up by:

- *Perception of Success Questionnaire*; Spanish version of Cervelló (1996) of *Perception of Success Questionnaire* (POSQ) of Roberts y Balague (1991). It was made to measure the dispositional Orientation of the Accomplishment Goals in the sporty context. Features of 12 items, 6 dispositional implication in the task and other 6 about ego. The initial question that heads the questionnaire is "If feel success in the sport when..." The answers will be

collected in the Likerts type scale that swings from totally disagree (1) to totally agree (5).

- *Motivations of Marathoners Scales-34 (MOMS-34)* of Ruiz-Juan and Zarauz (2011a); Spanish version of *Motivations of Marathoners Scales (MOMS)* from Masters et al. (1993). It comes with 7 motivational scales that include 34 items that has interest for running reasons and measure the level of motivational orientation to run: health orientation, weight, overcoming goals in a personal and competition way, acknowledgement, affiliation, psychological goals and the meaning in life self-esteem. The answers are being collected in a Likert type scale from level 1 (not a reason to run) till 7 (a reason very important to run), with a total half score in every scale between 1 (minimum motivation to run) and 7 (maximum motivation to run).
- *Commitment to Running Scale-11 (CR-11)* of Ruiz-Juan & Zarauz (2011b); Spanish version of *Commitment to Running Scale (CR)* of Carmack and Martens (1979) It contains 11 items to measure the punctual CC of 1 (totally disagree) till 5 (totally agree), that obtains a total score between 11 (minimum CC) and 55 (maximum CC).
- *Running Addiction Scale-8 (RAS-8)* of Zarauz and Ruiz-Juan (2011); Spanish version of *Running Addiction Scale (RAS)* from Chapman and De Castro (1990). Comes with 8 items to measure the ANC that scores from 1 (totally disagree) till 7 (totally disagree), with it obtains with the total score between (minimum ANC) and 56 (maximum ANC).
- *Revised Inventory of Competitive Anxiety-2*; Spanish version of Andrade et al. (2007) from *Revised Competitive State Anxiety Invertory-2 (CSAI-2R)* of Cox et al. (2003). There is 3 subscales Cognitive anxiety, Somatic anxiety and self-confidence. The first and last contains 5 punctual items of 1 (nothing) till 4 (lots) with this it obtains a total score between 5 and 20. The second contains 6 items that offers scores from 6 and 24.

Data Analysis

Correlation between the subscales (Pearson coefficient), intern consistency (Cronbach alfa), medium differences according to gender (*t* Student) and multivariable lineal regression, they were made with SPSS 20.0.

RESULTS

Descriptive Statistic

Regarding of POSQ, there were medium scores obtained in the perception of success in sports about ego and task, talking about both countries and genders.

Nowadays, the scores in the Mexican sample were significantly superior than the Spanish. Almost as in the ego orientation like the task orientation. In the other hand, appreciating the values of the orientation to ego where slightly higher to the task orientation, neither having differences in significant statistics according the gender (Table 1).

The total score of the ANC was slightly over the medium; such in the Spanish sample of road runners like the Mexican, not existing differences about significant statistics neither the countries samples nor the gender ones. The total score of CC was also more or less superior to the medium in the Spanish sample, however, very high in the Mexican sample, with minimum differences between the two countries, in favor of the women (Table 1).

So far as the MOMS-34, should notice the Mexican sample of road runners presented in all of the subscales, significantly superior values than the Spanish one. In health orientation, personal-competitive goals, psychological goals and the meaning of life self-esteem the scores obtained were over of the medium in both countries, while in weight and affiliated values were medium and low recognition. Only there have been significant differences statistically by gender and weight, also competitive-personal goals in the Spanish sample. On the Mexican one, being in the three cases the superior values of men (Table 1).

Both, Mexican and Spanish trail road runners presented average values in precompetitive anxiety (cognitive and somatic), being slightly superior than Spanish. Notwithstanding, the values in self-confidence were superior than the medium in both samples, being very high in the Mexican sample. Men of the two countries presented significantly superior values in self-confidence, not finding significant differences by gender and the other two variables (Table 1).

Table 1. Alfa coefficient, medium, typical deviation, *t* and significance for perception of success in sports (POSQ), Commitment to running (CR-11), Addiction to running (RAS-8), Motivation (MOMS-34) and precompetitive anxiety (CSAI-2R). Differences in age and country

	Total								Men								Women							
	Spain n=1105				México n=690				Spain n=1007				México n=534				Spain n=98				México n=156			
	<i>α</i>	M±DT	<i>α</i>	M±DT	<i>t</i>	<i>p</i>	<i>d</i>		<i>α</i>	M±DT	<i>α</i>	M±DT	<i>t</i>	<i>p</i>	<i>d</i>	<i>α</i>	M±DT	<i>α</i>	M±DT	<i>t</i>	<i>p</i>	<i>d</i>		
POSQ							.82					.82				.81					.76			
<i>Ego</i>	.83	3.05±.64	.85	3.42±.77	-10.89	.000	-.52	.83	3.05±.64	.84	3.42±.77	-10.14	.000	-.52	.83	3.08±.58	.86	3.39±.74	-3.48	.001	-.49			
<i>Task</i>	.72	2.83±.70	.77	3.22±.81	-10.64	.000	-.51	.71	2.83±.70	.79	3.25±.84	-10.32	.000	-.54	.74	2.82±.69	.71	3.11±.72	-3.21	.001	-.39			
RAS-8 (ANC)	.75	38.91±6.77	.76	38.41±7.79	1.44	.148	.06	.75	38.94±6.78	.75	38.08±7.53	2.27	.023	.12	.76	38.68±6.61	.77	39.49±8.54	-.87	.381	-.07			
CR-11 (CC)	.87	40.29±9.89	.77	47.69±10.58	-22.91	.000	-.72	.88	40.12±6.21	.76	47.29±7.23	-20.32	.000	-.63	.86	41.88±6.91	.77	49.02±6.86	-7.96	.000	-.84			
MOMS-34	.92		.93				.92		.93					.90		.92								
<i>Health Orientation</i>	.82	4.92±1.69	.76	6.05±1.95	-17.00	.000	-.61	.82	4.95±1.41	.78	6.02±1.28	-14.65	.000	-.66	.83	4.70±1.50	.73	6.15±1.20	-8.48	.000	-.63			
<i>Weight</i>	.83	3.64±1.72	.80	4.49±1.94	-9.69	.000	-.46	.85	3.69±1.71	.80	4.44±1.94	-7.83	.000	-.41	.80	3.08±1.68	.79	4.64±1.93	-6.45	.000	-.52			
<i>Personal-Competition Goals</i>	.83	4.86±1.36	.81	5.34±1.46	-6.96	.000	-.34	.85	4.90±1.36	.82	5.33±1.47	-5.79	.000	-.33	.82	4.58±1.41	.80	5.38±1.44	-4.41	.000	-.34			
<i>Recognition</i>	.89	2.44±1.36	.87	3.11±1.75	-8.94	.000	-.42	.90	2.46±1.37	.89	3.23±1.78	-9.50	.000	-.48	.88	2.38±1.32	.84	2.69±1.58	-1.71	.087	-.15			
<i>Affiliation</i>	.87	3.92±1.52	.83	4.64±1.64	-9.47	.000	-.45	.88	3.90±1.52	.85	4.68±1.65	-9.30	.000	-.49	.87	4.11±1.59	.80	4.49±1.58	-2.01	.045	-.38			
<i>Psychological goals</i>	.89	4.22±1.69	.79	4.71±1.88	-5.72	.000	-.27	.89	4.21±1.68	.80	4.69±1.87	-5.12	.000	-.27	.89	4.29±1.76	.78	4.75±1.92	-2.01	.045	-.29			
<i>Significado de la vida-Autoestima</i>	.82	5.43±1.13	.80	5.95±1.20	-9.14	.000	-.44	.84	5.42±1.14	.82	5.92±1.20	-7.99	.000	-.42	.79	5.51±1.10	.78	6.02±1.20	-3.59	.000	-.51			
CSAI-2R	.76		.75				.78		.78					.72		.74								
<i>Cognitive Anxiety</i>	.77	2.00±.68	.72	1.95±.75	1.31	.189	.06	.77	1.99±.67	.71	1.95±.74	.93	.351	.05	.76	2.10±.73	.73	1.94±.77	1.39	.165	.06			
<i>Somatic Anxiety</i>	.81	2.25±.72	.77	2.18±.78	2.03	.042	.09	.84	2.25±.72	.78	2.18±.78	1.65	.098	.09	.79	2.37±.72	.77	2.19±.77	1.75	.080	.08			

Success perception relations in sport with commitment, addiction, motivation and precompetitive anxiety

The ego orientation positively correlated and significantly, men in both countries, with the rest subscales (except ANC in Mexico) (Table 2), same as what happened with women in Mexico.

However, Spanish women, appeared lots of differences correlating only with task, CC, health orientation, personal-competitive goals, recognition, psychological goals, life self-esteem significance and cognitive anxiety (Table 2).

The task orientation, in men of the both countries, correlated positively and significantly with the rest of the subscales (except ANC in Mexico). In women they observed lots of differences only correlated with ego, with all the subscales of MOMS-34 (excluding weight in Spain), cognitive anxiety (only in Spanish) and self-confidence(only in Mexico) (Table 2).

Table 2. Correlation between the subscales of POSQ, CR-11, RAS-8, MOMS-34, CSAI-2R, according gender and country

	<i>Ego</i>				<i>Task</i>			
	Spain		México		Spain		México	
	Men n=1007	Women n=98	Men n=534	Women n=156	Men n=1007	Women n=98	Men n=534	Women n=156
POSQ								
<i>Ego</i>	1	1	1	1	.76(**)	.62(**)	.77(**)	.66(**)
<i>Task</i>	.76(**)	.62(**)	.77(**)	.66(**)	1	1	1	1
RAS-8 (ANC)	.10(**)	.11	.02	.14	.13(**)	.18	.03	.15
CR-11 (CC)	.09(**)	.19(*)	.10(*)	.26(**)	.08(*)	.01	.09(*)	.13
MOMS-34								
<i>Health Orientation</i>	.20(**)	.29(**)	.28(**)	.29(**)	.10(**)	.26(**)	.25(**)	.25(**)
<i>Weight</i>	.18(**)	.09	.34(**)	.28(**)	.10(**)	-.01	.26(**)	.21(**)
<i>Personal-Competitive Goals</i>	.41(**)	.27(**)	.44(**)	.48(**)	.49(**)	.42(**)	.45(**)	.47(**)
<i>Recognition</i>	.47(**)	.35(**)	.53(**)	.52(**)	.38(**)	.29(**)	.48(**)	.49(**)
<i>Affiliation</i>	.21(**)	.17	.37(**)	.37(**)	.15(**)	.24(*)	.36(**)	.44(**)
<i>Psychological Goals</i>	.23(**)	.23(*)	.34(**)	.28(**)	.19(**)	.26(**)	.32(**)	.25(**)
<i>Life Self-Esteem Significance</i>	.34(**)	.21(*)	.38(**)	.41(**)	.29(**)	.22(*)	.37(**)	.32(**)
CSAI-2R								
<i>Cognitive Anxiety</i>	.44(**)	.26(**)	.27(**)	.19(*)	.41(**)	.34(**)	.23(**)	.06
<i>Somatic Anxiety</i>	.31(**)	.07	.29(**)	.15(*)	.24(**)	.00	.22(**)	-.00
<i>Self-Confidence</i>	.13(**)	.13	.21(**)	.24(**)	.12(**)	.11	.29(**)	.32(**)

*(p<.05), **(p<.01)

Multivariate Regressive Analysis

An analysis was made of multivariable lineal regression, trying to obtain some models that explain the major possible part of variance. They took medium scores like dependent variables of perception of success in sports (ego and task). The predictive variables were CC, ANC, the subscales of motivation (health orientation, weight, personal-competitive goals, affiliation, psychological goals, life self-esteem significance) and the precompetitive anxiety subscales (cognitive anxiety, somatic anxiety and self-confidence). Like variable selection considered gender and country.

The value is extracted R^2 to explain the variance, Beta to explain the prediction between variables, F to see if the relation would exist between selected variables and its significance (Table 3). It obtained solid models, only that explains between the middle to almost two thirds of variance in men and women of both countries.

The model of the ego orientation, in men of both countries, presented some differences. It could significantly predict to high score in task, recognition, life-self-esteem, cognitive anxiety (only in Spain), somatic anxiety and self-confidence (only in Spain), and to low score in competitive-personal goals (only in Spain) variance: 64.4% Spain, 64.9% Mexico). It was almost equal to the model on women of both countries, but with important differences with the men. The prediction was by high scores in task, CC (Only in Mexico) and recognition (variance: 58.7% Spain, 54.9% Mexico).

In men of both countries, the task model also presented some differences. It can be predicted by ego high score, competitive-personal goals, cognitive anxiety (only in Spain) and self-confidence (only in Mexico), and for low score in health orientation as well affiliation (only in Spain) (Variance: 62.9% Spain, 63.3% Mexico). In women of both countries, the model was almost the same, unless with some differences with regards of the men. That is to say, it predicted by high scores in ego, competitive-personal goals, cognitive anxiety (only in Spain) and self-confidence (variance: 49.8% Spain, 49.9% Mexico).

Table 3. Multivariable linear Regressive Analysis: Models that predict significantly the perception inside success in sports (POSQ), by gender and country, over function of commitment to running (CR-11), addiction to running (RAS-8), motivation of the marathoners (MOMS-34) and precompetitive anxiety (CSAI-2R) .

	Ego				Task			
	Spain		México		Spain		México	
	Men n=1007	Women n=98	Men n=534	Women n=156	Men n=1007	Women n=98	Men n=534	Women n=156
	Beta ^{Sign}	Beta ^{Sign}	Beta ^{Sign}	Beta ^{Sign}	Beta ^{Sign}	Beta ^{Sign}	Beta ^{Sign}	Beta ^{Sign}
POSQ								
Ego	----	----	----	----	.67***	.47***	.67***	.51***
Task	.64***	.55***	.64***	.46***	----	----	----	----
RAS-8 (ANC)	-.01	.04	.00	.05	.00	.08	.00	.09
CR-11 (CC)	-.00	.07	.02	.18**	.00	-.15	-.02	-.08
MOMS-34								
Health Orientation	.02	.13	.01	-.01	-.05*	.05	-.07*	-.01
Weight	.03	-.00	.05	.04	-.02	-.10	-.04	-.02
Competitive-personal goals	-.05*	-.07	.00	.05	.22***	.18*	.09**	.15*
Recognition	.16***	.25*	.16***	.27***	.01	.01	.06	.09
Affiliation	-.01	-.10	-.04	-.08	-.04*	.06	.04	.13
Physiological Goals	.02	-.03	.01	.01	.00	.03	.04	.01
Meaning of the life self-esteem	.08***	.05	.06*	.07	-.01	-.04	.00	-.03
CSAI-2R								
Cognitive Anxiety	.06**	-.02	.00	.08	.07**	.33**	.03	.00
Somatic Anxiety	.07***	.08	.07*	.10	-.03	-.17	-.03	-.07
Self-confidence	.06**	.07	-.00	.02	.01	.19*	.13***	.13*
	R ² =.644	R ² =.587	R ² =.649	R ² =.549	R ² =.629	R ² =.498	R ² =.633	R ² =.499
	F=140.827	F=8.713	F=76.943	F=15.489	F=132.368	F=7.827	F=71.855	F=12.869

*(p<.05), ***(p<.001), ***(p<.001)

DISCUSSION AND CONCLUSIONS

As in the investigation with marathoners of Ruiz-Juan et al (2015b), the obtained values in the present investigation, such as the orientation to ego like the task, have been similar and moderate. These contrasts again with the majority population of other sports, in these values of the ego orientation were means. The other ones that were about task orientation were higher, even, very high (Cecchini, et al., 2004; Cecchini, et al., 2008; Gonzalez-Cutre, et al., 2006; Ruiz-Juan.2015 & 2016). Nevertheless other population that was very similar to the road runners, the one of veteran runners, specialized in track trials, was also sample of balance in the moderate values obtained in the goal orientations (Zarauz & Ruiz-Juan, 2015 & 2016), although the majority of the population already mentioned of other sports, the scores in the intrinsic motivation are significantly major than the ones in the extrinsic.

The explanation for this minor orientation to task, relative to other sports, even other specialties inside the same sport, could have been given by the highest score in the health motivation of all the road runners sample, inclusively for the fun in this sport practice among other ones. Other explanation in this balance of the goal orientation among trail road runners could have been coming from the similar values obtained in some analyzed motivation, either in their high motivation of meaning of the life self-esteem, more proper for runners with mayor task orientated, like their high motivation of overcoming personal-competition goals, more properly than the major ego orientated runners.

Also, this data results interesting that even being always medium, the scores in the goal orientation of the Spanish and Mexican sample, there is significant differences in favor of the Mexican. That could be explained by the major commitment with their sport practice of the Mexican runners and over everything, because the different motivation so meaningful in favor of the last said, probably to the different culture among both nationalities, like Zarauz, Ruiz-Juan, Arbinaga, Jaenes and Flores-Allende (2015) conclude in this same population.

Even the correlational analysis like the regressive, confirm the explanation of the balance in this goal orientations among the fellow runners, placed that the ego orientation correlates and predicts for the task orientation and vice versa in all cases. Besides, in the predictive model of the ego orientation obtained like it expected, it was found the principal variable that predicted it. Additionally a mayor task orientation, it was one of the major motivation for recognition, the less self-determined of the road runners, like occurred in Ogles, Masters, Richardson and Zarauz et al. (2015), which raises doubts about if the road runners really manifest their magnitude of recognition.

Meanwhile, in the task oriented model, moreover for a mayor ego motivation, the principal predictive variables where a major motivation of overcoming personal-competition goals and a big part of self-confidence. These results were not unexpected, since on similar population, like the specialized veterans dedicated to running in trail trials (Zarauz & Ruiz-Juan, 2015; 2016), the ego orientation and the task where too the predictors of their motivations. Also, the high compromise obtained in the whole sample, makes that they feel fully prepared to go for a competition, and that will generate a high self-confidence, besides wishing to overcome themselves (Ruiz-Juan et al., 2015a).

In the same way, it should be highlighted that even though their where almost no differences between nationalities in the predictive models of the goal motivation among runners, there were between different genders, being more the number of variables that predict one and another dispositional orientation in men of both nationalities. The same population, Zarauz et al. (2015) also obtained that their where major number of predictive variables in motivation among men, showing once more the necessity of analyzing always this population by gender. Again, only

the men in this investigation, where predictors of ego orientation, the high values in significant motivation of life self-esteem and somatic anxiety. Ruiz-Juan et al. (2015a) conclude that the men normally make major number of kilometers of training per week and their more competitive than women that generates expecting success majorly more than hers.

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