

Finding a Reason to Run: Examining Women's Experiences with a Running Program at Coffee
Creek Correctional Facility

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Abstract

Bunk to 5K is a program designed to encourage and support new and experienced runners in custody at Coffee Creek Correctional Facility (CCCF). CCCF is the only women's prison in Oregon, housing around 1,200 women at any given time, at all levels of custody (ODOC, 2020). The non-profit which runs Bunk to 5K, Reason to Run, has had over 800 runners go through the program since 2015. Although the majority of criminological research has focused on men, women have been shown to have unique needs, which need to be addressed through programming (Covington & Bloom, 2008; Van Gundy, 2014; Covington & Fedock, 2017). It is particularly important to find programs which improve the physical and mental health of incarcerated women due to their high rates of mental health disorders, substance abuse and trauma (Cowan, 2019; Ney, et. al. 2012; Sacks 2004). Physical activity programs are one such way to address women's needs and have been shown to help incarcerated women increase their well-being and desist from future crime (Meek & Lewis, 2014). In this study, I evaluate the potential benefits of the Bunk to 5K program through a feminist framework, utilizing surveys (N=31) and feedback forms (N=524) from past participants. Bunk to 5K was shown to at least partially address the needs of incarcerated women by introducing them to a regular exercise routine and creating a supportive social environment. For this reason, I suggest more resources should be put into supporting exercise group programs within women's prisons and for previously incarcerated women.

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Introduction

In the United States, incarcerated females¹² are the fastest growing segment of the prison population (Cowan, 2019). However, they are the subject of far less research in comparison to their male counterparts and even when research is done, it is less likely to be utilized in policymaking (King & Foley, 2014; Wesley & Dewey, 2018). However, increasing amounts of evidence show that gender-responsive research and policy is essential for meeting women's unique needs and reducing recidivism (Bloom & Covington, 2008; Wattanporn & Holtfreter, 2014; Covington & Fedock, 2017). Barbara Bloom and Stephanie Covington, two of the leaders on gender-responsive justice, explain how women have unique pathways to crime, which lead to unique criminogenic needs (2008). In a 2012 study, these pathways were further validated by a large quantitative analysis (Brennan, et al.). These pathways and needs affect how women offend and reoffend, thus addressing these issues is important for lowering female recidivism rates (Bloom & Covington, 2008).

The identified pathways to the criminal justice system for women focus strongly on abuse, victimization, marginalization, mental health disorders and substance abuse (Brennan, et al., 2014; Cowan, 2019; Ney, et al, 2012). This leads to high incidence of mental health disorders, substance abuse disorders and co-occurrence of mental health and substance abuse disorders among women in the prison system (Sacks, 2004). Therefore, these are the needs that must be addressed in treatment and re-entry programming in women's facilities. One type of programming which may help to address these needs are physical exercise programs. Scholars have just begun to examine the potential benefits of implementing exercise programs, which

¹ For the purpose of this paper the words female and woman will be utilized interchangeably to refer to all women, female and femme identified people, regardless of biological sex or sex at birth.

² This essay also recognizes that not all people in custody at women's facilities are women, and some women are housed in men's facilities (Sudbury, 2011).

expand beyond physical health indicators (Meek & Lewis, 2014). One such program is Bunk to 5K at the Coffee Creek Correctional Facility (CCCF), in Wilsonville, Oregon. CCCF is the only women's prison in Oregon, housing around 1,200 women at any given time, at all levels of custody (ODOC, 2020).

At CCCF, volunteers run a program called Bunk to 5K, it is a weekly running group facilitated by non-profit Reason to Run. Trisha Swanson created the program in 2015 and has now had over 900 participants. There are eight weekly sessions, they are an hour and a half long and include "mini-clinics" covering topics such as injury prevention and recovery, strength and cross training, nutrition and hydration, running clothes and shoes, and inspiration. Volunteers encourage and instruct the participants during sessions, as well as guiding them on training on their own between sessions. The program concludes with a 5K run, this consists of 28 laps of the minimum facility's track or 30 laps in the medium facility. Afterwards the women usually have a celebration with fruit and cookies. At this concluding ceremony, the women receive a certificate with their 5K time on it and a running bib, as a symbol of their accomplishment. Although the women are encouraged to run, health concerns and ability are carefully considered and walkers are welcome to participate. Women who cannot run or walk the full 5K are still encouraged to set a goal that they can achieve and receive the same support as all the other participants. After the participants are released, they are able to contact Trisha through the Reason to Run website and request a running care package. The care packages all consist of donations from corporate sponsors and community members and include running shoes, socks and bras.

Programs like Bunk to 5K are garnering attention around the country and world. In Oregon, the male prisoners are also able to participate in a running group at the Oregon State Penitentiary, where the athletic club hosts runs for inmates as well as community members

(Gillespie, 2016). In California's San Quentin Prison, prisoners in the 1,000 Mile Club train to complete a full marathon, 105 laps of their track. The San Quentin Marathon has gotten quite a bit of attention for helping the men improve their lives, including a documentary following some of the most notable runners (Brown, 2016). In the United Kingdom, the idea of running and other physical programs has been picking up more traction, due in large part to the Alliance of Sport in Criminal Justice and Dr. Rosie Meek. Meek has done a number of studies on the matter and advocated for the inclusion of sports in prison programming (Meek & Lewis, 2012; Meek & Lewis, 2014; Meek, 2020). One of the programs Meek advocates for is parkrun, a U.K. based program which organizes free community runs across 22 countries. parkrun has moved into prisons in both the U.K. and Australia, including the first women's facility in Australia in 2019 (parkrun U.K., 2019). The parkrun prison program also allows incarcerated people the opportunity to help with organizing the events.

For this study, I have utilized an online survey to try and collect the experiences of women who have participated in Bunk to 5K in order to evaluate some of the strengths and weaknesses of the program. A survey with open ended response sections, was designed to gather and center the voices of this often unheard population. The research design was guided by the Survived and Punished movement's "Research across the Wall" guide (2019) and Convict Criminology. The "Research across the Wall" guide articulates the need for ethical, reflective and participatory research when involving incarcerated and formerly incarcerated people. The guide was formulated particularly for working with women who are survivors of abuse, but studies show the rates of abuse among incarcerated women are very high (Cowan, 2019; Brennan, et al., 2012; Women in Prison Project, 2006). A study in CCCF by the Oregon Justice Resource Center found that of women who were in a relationship when incarcerated, 65%

reported being abused in that relationship and another 85% reported being ever physically abused as an adult (2018), thus the guide is particularly relevant for this population.

The “Research across the Walls” guide emphasizes how research which centers the voices of the incarcerated can be useful in understanding their experiences and developing plans for policy (2019). Peer-reviewed research also shows this participatory research to be beneficial for generating knowledge of the criminal justice system (Haverkate, et al., 2019). This goes in conjunction with the principles of Convict Criminology. Recently recognized by the American Society of Criminology, Convict Criminology brings attention to the way criminology has been dominated by academics and inside voices have been missing from study (Richards & Ross, 2001). Convict Criminology goes on to argue that there will be more beneficial outcomes of criminology research when inside voices have been included both as participants and researchers (Aresti & Darke, 2018).

Author’s Positionality

Although I was unable to fully integrate the principles of Participatory Action Research into this project due to time restrictions, the guide, as well as work from Convict Criminology, helped me to design this research with incarcerated voices centered. The goal of this approach is to come to policy recommendations which truly benefit incarcerated women. In the following section, I will expand on scholars and theory which influence my thoughts and methods for achieving this. It should be noted that personally, I identify as an anti-carceral, intersectional feminist, meaning I don’t think incarceration should be used at all. Particularly in the case of women who have been victims of abuse themselves, I don’t believe incarcerating them is just. For this reason, these theories and scholars have been touched upon in this project. However, due to this being a Master’s essay, I dealt with a limited time frame, restrictions on working with

currently incarcerated folks and a lack of response from many of the institutional actors I hoped to have assist me with my research. Due to these limitations, I utilized more of a feminist criminology framework to design this project, while I was able to incorporate intersectional feminism in my analysis.

I come to this research as an academic, a white, graduate student, who has never been incarcerated. I have knowledge of the inside due to my 10 weeks participating in the InsideOut program at the Oregon State Penitentiary. The InsideOut program allows college students to participate in classes alongside incarcerated people, and has shown to be beneficial for both students and their incarcerated classmates (Wright & Johnson, 2018). I have also attended the Bunk to 5K program at CCCF a number of times. During these visits, I was able to run alongside the women, and get to know them. As a woman and a feminist myself, I do have a vested interest and understanding of this project and a desire to uncover ways to help these women and improve the current system.

Theoretical Framework

The questions and analysis of this project have been shaped by feminist theory. Feminist theory examines power structures and society through a gendered lens and hopes to make improvements to women's lives (Van Gundy, 2014). One interpretation of feminism is that simply to ask what is best for women and their needs, is a feminist task, because most often male needs are centered. Because feminist theory is a wide spectrum of diverse thought, I chose to focus on intersectional feminism and feminist criminology. I pull my intersectional understanding of feminist theory from scholar Kathy Ferguson's analysis of modern feminist theory. Ferguson posits, "Feminist theory is not only about women; it is about the world, engaged through critical intersectional perspectives." (2017). This isn't always how feminist

theory has been understood, however, centering intersectionality, while examining gender, is now common practice among feminist scholars (Ferguson, 2017; Collins & Bilge, 2016; Carastathis, 2014).

Patricia Hill Collins and Sirma Bilge explain intersectionality as a critical praxis for examining power structures (2016). Collins and Bilge name six core principles of intersectionality: social inequality, power, relationality, social context, complexity and social justice. These principles, and others in this section, will be utilized in the findings and discussion of this paper. The authors state these principles and critical praxis apply particularly well to the field of criminal justice. While Collins and Bilge acknowledge the racialized nature of incarceration, they don't focus on the importance of gender, as well as sexuality, class and ability. I posit that looking at all those axes of power in tandem, will form an effective intersectional analysis of the justice system and how it impacts women. Kimberle Crenshaw, who is often credited for coining the term intersectionality, discusses the importance of applying intersectionality to criminal justice by centering women of color (2012). Crenshaw emphasizes how this differs from simply throwing women of color into the mix, instead scrutinizing the overlapping systems which lead to women of color's marginalization and incarceration. Crenshaw further highlights the need to examine people's multiple identities as one, rather than studying race and then studying gender as separate things; this is what Crenshaw means when she refers to intersectionality.

When examining criminal justice through an intersectional feminist lens, some theorists argue for complete abolition as the just solution (Davis, 2003; Braz, 2006; Horan, 2010; Byrd, 2017; Saleh-Hanna, 2017; Whalley & Hackett, 2017). Some of these scholar activists do not support gender-responsive practices as they assert that they just bolster the current unjust system

which exists. For example, Rose Braz states, “The biggest pitfall of gender responsiveness in relation to imprisonment is that gender responsiveness fails to challenge the notion of prison as an institution that can effectively ‘address the issues of women.’” (2006). Braz and her colleagues ask us to take a step further back to question the existence of the criminal justice system in general and the racist, sexist and classist hierarchies it supports. Well-known activist and scholar, Angela Davis, has not stated she is particularly against gender-responsive practices, but her book, “Are Prisons Obsolete?” also asks one to examine the system as a whole and makes arguments for abolition as the solution to race, class and gender injustices in the criminal system (2003). Although these are valid critiques, as explained in the previous section, such an examination is outside the scope of this work. This essay will focus on gender-responsive practices as a way to improve conditions and reduce harm within the limitations of our current system and this project.

Where I have been able to utilize intersectional feminist theory is in shaping the questions and analysis of this project. First, one overarching question, which I look at in all the other questions, is if women of color and white women are experiencing the program in the same ways. Due to the demographics of Oregon and their prison population (81% white (ODOC, 2020)) and the sample I had, “women of color” mostly speaks about Native American and Latinx women. Further, because the response rates, and especially response rates for women of color, were low in my survey few conclusions were able to be drawn on this topic. The narrative nature of the project did allow marginalized women’s voices to be centered, as Crenshaw suggests is needed (2012).

In conjunction with intersectional feminist principles, I utilize feminist criminology, a growing field which combines feminist theory and criminology (Van Gundy, 2014; Chesney-

Lind, 2006; Naeglar & Salman, 2016; Burgess-Proctor, 2006). Feminist criminology began because scholars began to question the differences in female deviance and crime rates compared to males, however it now encapsulates a broad sphere of analysis that recognizes how gender shapes the social world (Van Gundy, 2014). The field originated in the late 1960's with second wave feminism, however it has begun to pick up steam in recent years (Mallicoat, 2018). In 2001, renowned criminal justice advocates Angela Davis and Cassandra Shaylor, wrote an extensive essay on the intersection between race and gender in prisons. The essay also details additional burdens women face in the criminal justice system, such as sexual abuse. In 2006, the American Society of Criminology's division on Women and Crime, began publishing the journal *Feminist Criminology*, which now has 15 volumes.

However, as one article in *Feminist Criminology's* special issue: "Is Criminology Still Male-Dominated?" argues, in most criminology work, gender and feminist theory still remain on the sidelines. Naegler and Salman offer a call for "gender to become a regular and not 'added on' component of cultural criminology's theoretical program and empirical investigations." (2016). Further, Naegler and Salman glean three themes from feminist work which they argue should be incorporated into cultural criminology studies: masculinities and femininities, sexual attraction and sexualities, and intersectionality. They claim that these ideas from feminist theory are useful beyond studies of women and crime, and can be incorporated into any criminological study. While intersectionality is an important framework for my analysis and questions, masculinities and femininities and sexual attraction and sexualities are outside of the scope of this project. Throughout this essay and the design of this project, this lens of feminist criminology is used to analyze how gender shapes the social world and thus crime and punishment.

Literature Review

In order to provide context for this project, the following literature is broken into three sections: demographics of incarceration, gender responsive practices and exercise as treatment. The demographics of prison do not match the demographics of the country, this section maps some of the inequalities in prison and jail populations and the gendered and racial pathways to incarceration. Gender responsive practices within criminology are practices which have been researched and designed particularly to meet the needs specific to one's gender. This most often refers to programming for women, as other programs have often been designed with men in mind as the default (Bloom & Covington, 2008). The gender responsive practices section focuses on both theoretical research and studies of particular gender responsive practices. The exercise as treatment section focuses on research which has shown the positive mental and physiological benefits of exercise. Exercise has been shown to benefit many conditions which are prevalent among incarcerated women. Thus, exercise programs, such as Bunk to 5K, may be seen as gender responsive practices, if they are shown to meet the unique needs of women.

Demographics of Incarceration

In recent years, the numbers of women in prisons and jails have been increasing, even as overall incarceration goes down (Wesley & Dewey, 2018). Similar to male incarcerated populations, there is a great deal of racial disparity among women's incarceration rates. Incarceration rates for African-American women are twice as high as incarceration rates for whites (The Sentencing Project, 2019). Native American women also face higher rates of incarceration, varying widely by geographic region (Cowan, 2019). From 1980 to 2017, the number of incarcerated women increased by over 750%, from 26,378 to 225,060. Although the number of imprisoned men is still much higher than that of women, 1,414,200 men and 104,200

women in 2018 (Carson, 2020), women have been a faster growing population since 1980 (The Sentencing Project, 2019). Criminologists have posited many theories for the decreasing gender gap in arrests, looking at things like evolving genetic traits, women becoming more masculine and the Women's Liberation movement for increasing crime by women (Van Gundy, 2014). Feminist criminologists argue that women have completely different pathways to crime than men and shouldn't be thought of only in comparison with men (Wesley & Dewey, 2018; Wattanaporn & Holtfreter, 2014). Instead, these scholars point to increasingly aggressive law enforcement tactics, gender inequality, systems of power and the War on Drugs as some of what shapes the pathways to increasing incarceration of women and girls (Van Gundy, 2014).

The feminist pathways to crime have emerged as counter to mainstream criminology's pathways to crime, which were gleaned from studies of males and assumed to apply equally to females (Belknap & Holsinger, 2006). These pathways began as qualitative observations and have since been validated by quantitative studies (Brennan, et al., 2012). Belknap and Holsinger synthesize the many theoretical explanations for female crime into four major categories: abuse victimization, family (relationship to parents and other immediate family members) self-esteem/mental health, and school experiences (positivity or negativity of interactions with peers and teachers) (2012). These four categories can all serve as forms of trauma, which are likely to lead girls on a trajectory of substance abuse and/or criminal offending (Wesley & Dewey, 2018). This theoretical pathway research seems particularly relevant given the high numbers of incarcerated women with histories of trauma, substance abuse and mental health disorders.

For example, Blackburn, Millings and Marquart found in a large study of a Southern prison system that nearly 69% of women reported sexual victimization throughout their lifetime (2008). National Bureau of Justice Statistics (BJS) show that more than 60% of incarcerated

women report having a drug dependence or abuse problem within a year of their incarceration (Ney, et al., 2012). Another BJS report showed that 75% of women in prisons and 73% of women in jails had mental health problems, compared to 55% and 63% for men, respectively (James & Glazer, 2006). These are just a few examples of a national trend showing that although incarcerated men do suffer from these issues, incarcerated women are more likely to deal with trauma, substance abuse and mental health problems, than both the outside population and their male counterparts (Belknap & Holsinger, 2006; Benidini & Fagan, 2018). Further, these national statistics are reflected in the Oregon population of incarcerated women.

The previously cited survey in Oregon's Coffee Creek Correctional Facility (CCCF) found that 69% of women surveyed said that trauma contributed to their incarceration. These women reported using substances to self-medicate, committing crimes to support themselves or children because of the abuse, being incarcerated due to their partner's crimes and committing crimes because they were desperate to escape a relationship. Additionally, the survey found that 68% of women reported physical abuse as children or teenagers, and 75% reported sexual abuse as children or teenagers (Oregon Justice Resource Center, 2019). The second part of the study by the Oregon Justice Resource Center found that 75% of surveyed women had been diagnosed with a mental health disorder and 69% were under the influence of alcohol or drugs at the time of their arrest (2019). In an inmate profile done by the Oregon Department of Corrections in 2020, only 18% of those incarcerated in CCCF were shown to have no mental health needs or need for treatment. The same profile showed that 85% of incarcerated people at CCCF were either assessed at the "some substance abuse" level or dependency (ODOC, 2020). With the above considered, it is clear that among incarcerated women in Oregon and nationwide, there is a need for mental health, substance abuse and trauma treatments.

Gender Responsive Practices

Scholars like Stephanie Covington and Barbara Bloom, have long been making the connection between these gendered pathways to crime and addressing female needs in criminal justice practice. They use the term gender responsive, when referring to treatments, practices and programs, which are designed to meet women's specific needs, in response to their pathways (2008). Gender responsive practices are becoming more essential as the rate of incarcerated women increases, and scholars note that most programs up until now have been designed and evaluated with male populations (Covington & Fedock, 2017). Most recently, The United States Commission on Civil Rights has come out with a 292-page report detailing the many ways in which women have been harmed by the criminal justice system not meeting their needs, in some cases causing potential violations of constitutional rights (2020). It is clear that gender responsive practices are needed; in response, scholars and administrators are attempting to design and study them.

Covington and Bloom have created six guiding principles for being gender - responsive in the justice system (2008):

- 1) Acknowledge that gender makes a difference.
- 2) Create an environment based on safety, respect, and dignity.
- 3) Develop policies, practices, and programs that are relational and promote healthy connections to children, family members, significant others, and the community.
- 4) Address substance abuse, trauma, and mental health issues through comprehensive, integrated, and culturally relevant services and appropriate supervision.
- 5) Provide women with opportunities to improve their socioeconomic status.
- 6) Create a system of comprehensive and collaborative community services.

Their first principle can be connected directly to feminist criminology, simply acknowledging that gender matters and should be examined in the criminal justice system. The following principles are all based on what research has found so far regarding women's pathways to incarceration and their treatment needs. For example, principle 2, create an environment based on safety, respect and dignity, draws from Wright, et al's research which found that women require feeling safe and secure for programming to be effective (2012). Principles 3, promote healthy connection to family and community, 5, provide opportunities to improve socioeconomic status, and 6, create a comprehensive and collaborative system of services, refer to research which has found that poverty, familial/social support and community ties are all major factors contributing to women's likelihood of recidivating (Richie, B., 2001; Wright, et al. 2012; Ney, et al. 2012; Gålnander, 2019; U.S. Commission on Civil Rights, 2020). It is important for gender-responsive practices to correlate directly with the experiences and needs of incarcerated women, which we now understand better through research.

The trauma piece of these principles is shown to be particularly important (Covington & Fedock, 2017). This is directly correlated with the aforementioned statistics on trauma, a successful correctional experience for a woman would ideally be one that improves her trauma, rather than worsens it. Covington and Bloom identify four components of trauma-informed services (2008):

- take the trauma into account;
- avoid triggering trauma reactions and/or re-traumatizing the individual;
- adjust the behavior of counselors, other staff, and the organization to support the individual's coping capacity; and

- allow survivors to manage their trauma symptoms successfully so that they are able to access, retain, and benefit from these services.

These principles mostly focus on simply being aware and accommodating of different trauma experiences that many incarcerated women are likely to have. Becoming trauma informed is picking up traction within criminal justice policy and research, the aforementioned Commission on Civil Rights report mentioned trauma 100 times (2020). In addition to trauma leading to women's involvement with the criminal justice system, it can make other issues harder to treat, such as substance abuse (Peltan & Cellucci, 2011). A review by Peters, et al. found that there are effective trauma treatments already in prisons, they just have not been made available enough (2017).

Because so many incarcerated women suffer from trauma, mental health conditions and substance abuse, guidance on gender-responsive practices can also be found from psychologists and mental health experts. Substance Abuse and Mental Health Services Administration, through the U.S. Department of Health & Human Services, has come out with the four most important factors to recovery: health (physical and mental), home (sense of home as well as a physical place to live), purpose (reason to stay sober and alive) and community (healthy social connections) (SAMHSA, 2019). Health, purpose and community can all be found through exercise groups like Reason to Run and others that will be talked about in the following section. Additionally, research on the benefits of exercise for people, and particularly women, incarcerated and in recovery will be discussed.

Exercise as Treatment

Running or other exercise programs are one way to attempt to address trauma and the numerous needs of women in prison. A number of studies involving mice and rats have shown

that exercise helped the animals to abstain from alcohol, cocaine and morphine (Hosseini, et al, 2009; Pichard, et al, 2009 & Smith, et al, 2012). Although there haven't been many studies testing this in humans, at least one study showed an exercise group to improve outcomes for drug abusing individuals (Roessler, 2010). On the other hand, the effects of exercise on anxiety and depression disorders have been deeply examined. So much so, that Wegner, et al produced a meta-analysis of meta-analyses regarding exercise's effects on anxiety and depression (2014). Through this process, Wegner et al found that not only was exercise consistently effective in reducing anxiety and depression, but additionally in many cases it was as effective as pharmaceutical treatments. Therefore, it can be said with some degree of certainty that exercise is useful for those dealing with substance abuse or mood disorders.

In the case of women, in particular, few studies have focused on the effects of physical exercise for trauma survivors. For example, Smith-Marek, et al. found that in their sample of sexual violence survivors, all of the women found exercise to be at least somewhat beneficial to recovery. However, they also found that being survivors of trauma caused some difficulties in being able to find exercises and exercise places where the women felt safe (2018). Dutch psychiatrist, Dr. van der Kolk, has done extensive study and research on the effect of physical exercise for trauma survivors. In van der Kolk's book, *The Body Keeps the Score*, he explores how trauma, especially early trauma, affects one's brain and relationship to their body, leading to dissociation, depression, anxiety and PTSD (2014). Scheffers, et al.'s research on women with early childhood trauma finds similarly that trauma can severely affect a person's relationship with their body (2017).

van der Kolk explores how physical activity, particularly done in groups, such as yoga, dancing and martial arts, can help trauma survivors get back in touch with their bodies and

recover (2014). *The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage*, another psychologist-written book, found that exercise can help people to become more social and recover from depression (McGonigal, 2019). Exercise and relationship to body have been left out of much of the literature on incarcerated women until now. However, considering the high incidence of trauma and mental health disorders among incarcerated women, van der Kolk and McGonigal's findings suggest exercise could be considered in gender responsive treatments. Thus far, few scholars have examined the benefit of physical exercise programs for incarcerated people.

Dr. Rosie Meek, in the United Kingdom, is the foremost scholar on this subject. Meek has evaluated a number of studies as well as conducted her own (Meek & Lewis, 2012; Meek & Lewis, 2014; Meek, 2020). Meek and her colleague, Dr. Lewis, found that according to a number of studies, physical programs in prison are beneficial for mental health conditions and substance abuse (2012). Meek & Lewis note that a majority of these program studies are done with men's populations, mostly for convenience, as stated previously there are many more incarcerated men than women. However, they did conduct one interview and focus-group based study of British women, where Meek & Lewis found that although some incarcerated women are hesitant to participate in sports programs, they often provide psychological benefits, such as raising self-esteem and providing a coping mechanism, for that population (2014). Another group of scholars examined 36 incarcerated men and found that those that exercised showed lower levels of depression, anxiety and stress than their counterparts who did not exercise (Buckaloo, et al., 2009).

Methodology

The primary data was collected through an online survey of previous Bunk to 5K participants, delivered via Qualtrics. The survey was sent out to participants who had sent their email to program director, Trisha Swanson, following their release from custody, in order to obtain one of the running care packages. The survey was sent out to all the emails Swanson had received, 263 people. There have been over 900 participants total in the Reason to Run program, thus the sample covered about a quarter of the population. The sampling strategy was convenience sampling, since these were the people who we were able to contact. One additional reminder was sent out through email after the initial contact. It should be noted that this survey was sent out during the COVID-19 health crisis, the global pandemic upended life for most people. Previously incarcerated women are even more likely to have been impacted by COVID-19 due to their high rates of motherhood, children were home from school, and employment in the service industry. The Qualtrics survey received 31 responses, for a 12% response rate. Of the respondents 27 identified as white, 3 identified as Hispanic or Latina/o and 6 identified as Native American or Alaska Native (respondents were able to select more than one racial category). The majority of respondents being white isn't surprising given the inmate population of Oregon, however the lack of any black respondents is, given that 6% of incarcerated women in Oregon are black (see Figure 2). This lack of black respondents will be further discussed in the findings and discussion of this essay.

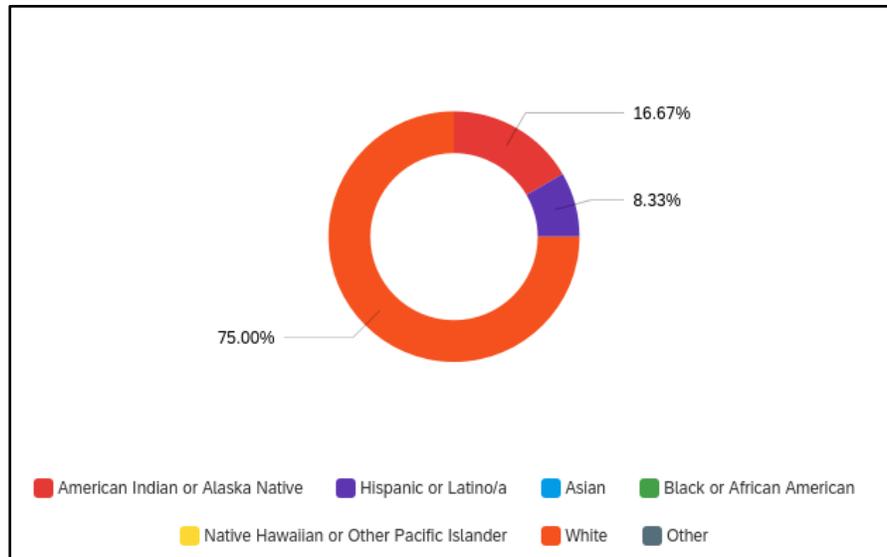


Figure 1: Self-identified race of respondents N=36

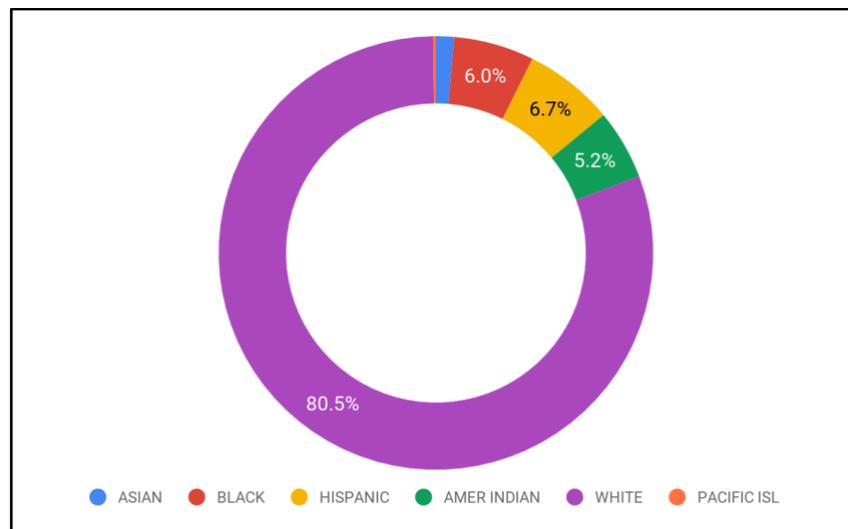


Figure 2: Incarcerated women in Oregon by Race (Source: Inmate Population Profile, ODOC, 2020)

Survey was the chosen method, in hopes of reaching the greatest number of previous participants in the short time frame for this project. The survey development utilized methods from the Research Across the Walls Guide, such as getting to know the population and using their input to develop the survey (Survived and Punished, 2019). Additionally, the program director, Swanson, provided her expertise in designing the questions. The body image questions

were influenced by the validated Body Image Disturbance Questionnaire (Cash, et al., 2004). Only one demographic question was included, race, in order to keep participant's privacy and anonymity. The literature review informed the following four questions the survey sought to answer:

1. Did Bunk to 5K affect the women's participation in running or other exercise after the program ended?
2. Is the Bunk to 5K program effective at reducing trauma and other mental health symptoms?
3. Is the Bunk to 5K program helpful for women in recovery?
4. Does Bunk to 5K improve women's body image and/or relationships with their bodies?
5. Do white women and women of color experience the program in the same ways?

A copy of the survey questions can be found in Appendix A.

In addition to the survey, 524 feedback forms, informally collected, were analyzed for further answers to these questions. These feedback questionnaires were done on the last day of each session and asked the participants three questions: 1) What did you enjoy most about the program? 2) What would you improve about the program? 3) How has running changed you? The forms were passed out on slips of paper and collected by Reason to Run Volunteers during the final ceremony. Respondents were asked to leave their names off the forms to keep them anonymous, in hopes that the participants could be as candid as possible. All of the feedback forms were read, coded and put into a spreadsheet.

As the introduction stated, the analysis was done through a lens of intersectional feminsim and feminist criminology. These frameworks were utilized when doing thematic

analysis of the write-in sections, as well as for drawing findings from the overall data. Further detail on how these frameworks were used is included in the Findings section. Additionally, descriptive statistics and cross tabulations were used to examine the data from the survey and feedback forms.

Findings

Effect on Exercise Participation

Existing literature, outlined above, suggests positive benefits of exercise for incarcerated populations (Meek & Lewis, 2014; Meek & Lewis, 2012; Buckaloo, et al, 2009), thus the survey sought to assess how Bunk to 5K impacted the women's frequency of exercising. Figure 2 shows how run/walk exercise was impacted during incarceration. The far left column, labeled After, shows the rates of run/walk exercise after the women had completed Bunk to 5K. The columns to its right show how often those same participants exercised in CCCF before participating in Bunk to 5K. Figure 3 shows the rates of run/walk exercise before the women were incarcerated and after their release (having completed Bunk to 5K).

	After	Before				
		A few times a week	Daily	Never	Once in a while	Weekly
A few times a week	5	0	1	1	3	0
Daily	23	11	7	0	4	1
Never	0	0	0	0	0	0
Once in a while	3	0	0	0	2	1
Weekly	0	0	0	0	0	0

Figure 2: Crosstab of women's exercise frequency in CCCF before and after participating in Bunk to 5K

	Before					
	After	A few times a week	Daily	Never	Once in a while	Weekly
A few times a week	7	1	0	1	4	1
Daily	12	1	1	1	8	1
Never	1	0	0	0	1	0
Once in awhile	8	1	0	4	3	0
Weekly	3	0	0	2	1	0

Figure 3: Crosstab of women's exercise frequency outside of the institution, before and after Bunk to 5K

As can be seen in Figure 2, eight participants were daily runners/walkers in CCCF before Bunk to 5K, whereas after completing the program 23 became daily runners/walkers. This pattern continues in Figure 3 for their rates of exercise while not incarcerated. Before being incarcerated one person was a daily exerciser, after their completion of Bunk to 5K and release, 12 people continued to run or walk daily. Among those who continued to run or walk, 90% reported that receiving a running care package with shoes and a bra from Reason to Run helped them continue the practice. Additionally, participants were asked about other types of exercise and their frequency. About 90% of respondents reported participating in some other form of exercise (such as Zumba, yoga, swimming, etc.). 58% said they participated at least weekly in such exercise. Lastly, 26% of respondents had participated in a running or fitness group since being released.

Mental Health & Trauma

Of 524 feedback responses on how running had changed them, 415 people, or 79%, reported some sort of mental change (see Figure 4). These reported mental changes included stating they felt better or more positive, were happier, had more self-confidence or had gained motivation or inspiration for life. Among these, 52 responses explicitly stated that mental health

improvement was one of the major ways the program had changed them. Another 41 people reported that running had become a coping skill or outlet for difficult emotions.

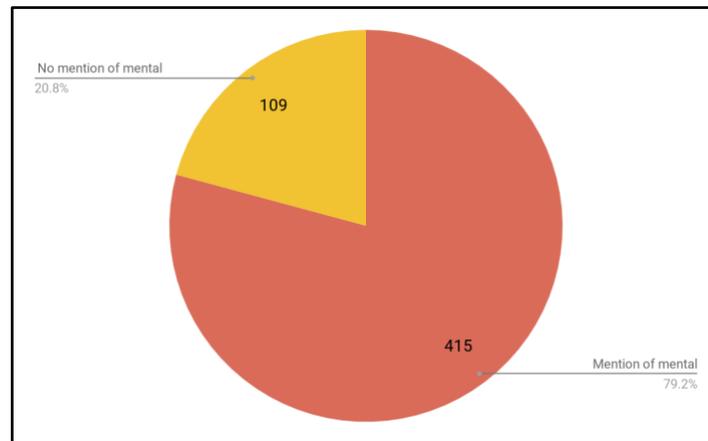


Figure 4: Percentage of participants who mentioned mental health when asked how running had changed them

In the Qualtrics survey, mental health was more specifically asked about. Among all respondents, 22 women, or 71%, reported having been ever diagnosed with a mental health disorder. Of those that had been diagnosed with a mental health disorder, 20 reported Bunk to 5K having an Extremely Positive effect, and the other 2 reported a Somewhat Positive effect. When asked how Bunk to 5K improved their mental health, respondents stated the program helped them with recovery, provided an emotional outlet, released endorphins or a mood boost, improved confidence and self-esteem, provided a sense of accomplishment, improved focus and drive or met their need for socialization and support. Some examples include:

“Exercise is something that is beneficial for me because it gives me that outlet that im needing. Also it feels good to be apart of something good and to be around positive people who want to help build you up.”

“I needed something that was going to give me a purpose. Running ended up being that. I found this positive sense of self that had been lost for quite a while. I felt happy and confident.”

“It really helped me work out problems n my head. I had less anxiety & felt like I could handle just about anything.”

These quotes demonstrate the variety of ways in which respondents reported their mental health having improved as a result of Bunk to 5K.

The survey participants were also asked whether or not they had experienced trauma, and how Bunk to 5K affected their relationship to their trauma. Among respondents, 90% reported having ever experienced trauma. Of those who had experienced trauma, 79% felt that Bunk to 5K had Somewhat positively or Extremely positively affected their relationship with trauma. The other 21% felt there had been neither a positive nor a negative impact.

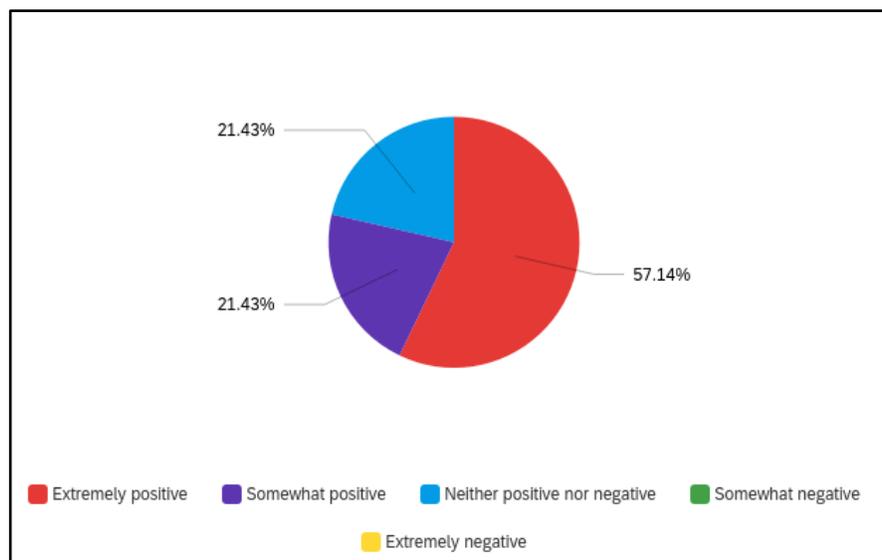


Figure 5: Reported effects of Bunk to 5K on respondents' relationship with trauma

Substance Abuse Recovery

In the feedback questionnaires, 9 people mentioned recovery or treatment unprompted. These were all responses to how running had changed them, most mentioned how running had become an alternative to drugs. In the survey, recovery and substance abuse were more directly asked about. Two thirds of the respondents were also participating in a treatment program when they did Bunk to 5K. The respondents in treatment were asked how Bunk to 5K affected their

recovery, one said Neither positive nor negative, one said Somewhat positive and all the other respondents said it was Extremely positive. Thus, for 87% of respondents in treatment Bunk to 5K was very beneficial to their recovery process.

Additionally, when asked how Bunk to 5K had improved their mental health, one participant mentioned recovery, stating:

“Running has become my medicine. I run daily to eliminate anxiety, depression and as a way to cope in recovery. trish and reason to run changed my life forever and I’ll be forever thankful. I’m 6.5 yrs sober and have run over 45 races in the past 4 yrs since I was released.”

For this respondent, Bunk to 5K sparked a passion for running, leading them to participate in many races outside of the institution. They also state that running has been a positive influence on their mental health and helped them to stay sober.

Relationship to Body

Among the 524 feedback responses, 115 people said their confidence or self-esteem had improved because of Reason to Run. Additionally, 75 people reported that they had lost weight or changed their physical body in some way they perceived as positive. Three people particularly mentioned that their relationship with their body had improved due to their participation. Their experiences were reminiscent of van der Kolk’s patients who connected to their bodies through physical activity (2014). For example, respondents stated:

“I got to know myself and others and to know my bodies capabilities. This program has given me confidence in myself to run no matter what.”

“It has helped me be aware of my body and become more in tune with it.”

In the Qualtrics survey, two people also mentioned their connection or relationship to their body when asked how Bunk to 5K affected their experience of trauma. These people had similar statements about running facilitating a connection with body, and explicitly stated that the connection helped them with trauma:

“I am able to use running to cope with last traumas as a way to get Tony [sic, get out?] of my head and into my body.”

Respondents were also asked about body image in the Qualtrics survey, as Trisha Swanson had reported that many women choose to join in order to lose weight or otherwise change their appearance. 27 women or 87% reported losing weight or other body changes as a reason they chose to participate.

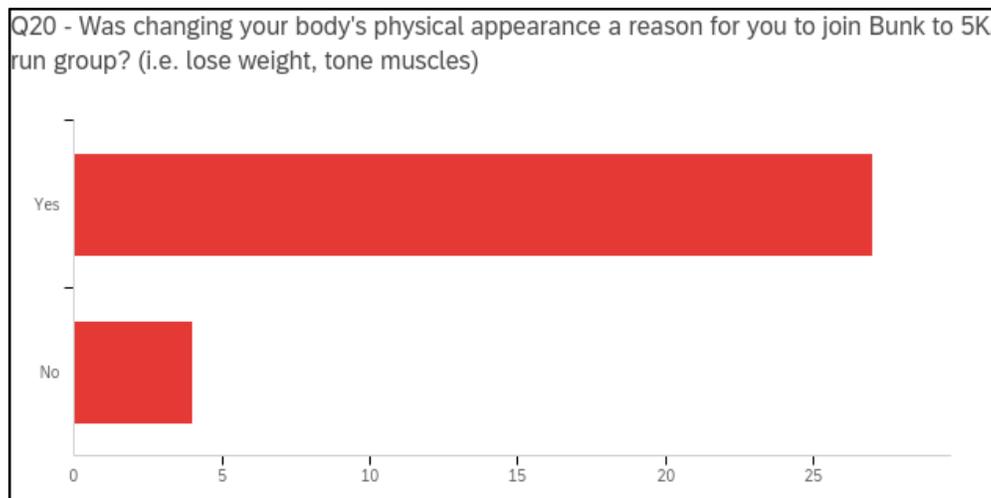


Figure 6: Response to question on body image as motivation, shown by choice counts

Women who reported wanting to change their physical appearance were then asked if Bunk to 5K helped them to meet those goals and if Bunk to 5K made them feel more at ease with their physical appearance.

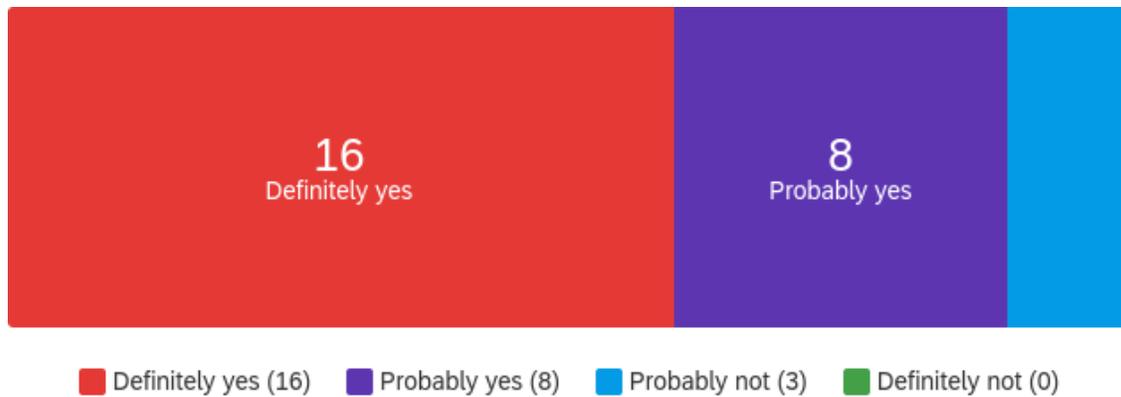


Figure 7: Response counts when asked if Bunk to 5K helped them to meet their physical appearance goals



Figure 8: Response counts when asked if Bunk to 5K made them feel more at ease with their physical appearance

The above figures show the women's responses to the questions of how Bunk to 5K affected their body image. As shown in Figure 7 and 8, 24 respondents felt that Bunk to 5K both helped them meet their goals and feel more at ease, whereas 3 chose Probably not or Definitely not. It is also notable that although 16 respondents felt Bunk to 5K definitely helped them to meet appearance goals, 20 felt that it definitely made them feel more at ease. So, although these women didn't meet their weight loss or other goals, perhaps they were still able to create a better or more positive relationship with their bodies through Bunk to 5K.

Experiences of Women of Color

The Qualtrics survey asked participants to identify their race in hopes of analyzing whether race impacted participants' experience of Bunk to 5K. Due to the low response rate in general, and even lower response for women of color, a statistical analysis of this cannot be conducted. As mentioned previously, there were no black respondents to the online survey, which is concerning because African-Americans make up a similar percentage of the Oregon corrections population as Latina/o and Native Americans (ODOC, 2020), racial categories for which there were at least a few respondents. When examining the data obtained, there is little difference in the responses of women of color when compared with their white counterparts. The only notable differences are the higher incidence of mental health and trauma issues, yet the lower rates of being in treatment programs. However, these findings aren't a result of their experience with Bunk to 5K, but rather part of a greater structure that is outside the scope of this essay.

Social Aspects

The social aspects of participating in a group like Reason to Run weren't part of the original questions for consideration, however they came up repeatedly both among feedback and survey respondents. For instance, among 524 feedback respondents, 224 said encouragement, socializing, support, unity or the team environment was the best part of participating in Reason to Run. Many of these respondents mentioned that the encouragement of volunteers and coaches were among the most uplifting aspects of Bunk to 5K, for example:

“Knowing someone else believes in me makes me push harder, and feel good about myself.”

Respondents also reported connecting and socializing with their peers as a positive experience. Additionally, three people mentioned that the program helped them to connect and have an activity to do with children or other family upon release.

Additionally, in the Qualtrics survey participants were asked to rate some of the social aspects of the Bunk to 5K program. Of these, “Inspiration/advice from volunteers” and “Encouragement from other participants” were reported to have the greatest positive effect on the participants’ experience. Further, in all three write in sections, mental health, trauma and free write, social aspects of the program were brought up. The volunteer trainers were mentioned particularly often. In the ending free write, eight women mentioned the volunteers being a valuable part of their experience. One woman stated:

“The volunteers treated us like human beings and that was so important after feeling so ostracized In my community/family by my choices.”

Also notable were the trauma write ins, three women mentioned that the program helped them to connect with others, and that was beneficial to their trauma healing. One participant explained it as such:

“Running allows me to work through my trauma. The bunk to 5k allowed me to connect to other woman and build community. The bunk to 5k helped me to establish positive pro social relationships with other women.”

Areas for Improvement

Although the feedback and surveys were overwhelmingly positive, some areas for improvement of the program were suggested. In the survey, the main issue brought up was lack of quality of the shoes received in their care package after the program. This is likely due to all care package supplies being donated. Among the feedback forms , the main suggestions for

improvement had to do with the restrictions of the prison. The women mentioned that the small and hard (asphalt) track, the time they had to run (too short, too hot, etc) and the low frequency of the running program were negative aspects of their experiences with the running program. Before the COVID-19 health crisis, Trisha and her team were working on increasing the number of sessions they offered. However, they must work within the restrictions of the prison for when programs are offered, and they have no control over the quality of the track or lack of investment by the state.

Discussion

These results show that Reason to Run's Bunk to 5K program can provide a gender responsive service to the women at Coffee Creek Correctional Facility. In both forms of survey, Bunk to 5K was shown to respond to some of the major needs of women found in the literature: mental health, trauma response and substance abuse recovery. For most participants, their rates of exercising increased after participating in Bunk to 5K, allowing them to reap the physical and mental health benefits of exercise. In the write-in sections on mental health and trauma, participants mentioned the ways the physical exercise involved in Bunk to 5K helped them to deal with these things, such as: feeling grounded, using running as an outlet and receiving positive exercise endorphins. In addition to these physical benefits, participants were also greatly benefited by the social aspects of Bunk to 5K.

In the gender responsive literature, there are references to a need for community and social support. For example, Covington and Bloom's principles of gender responsive treatment (2008) include: "3) Develop policies, practices, and programs that are relational and promote healthy connections to children, family members, significant others, and the community." This is based on their research showing that relationships are particularly important to women's

wellbeing. Additionally, SAMHSA lists community as one of the four pillars of substance abuse recovery (2019). This also aligns with research by psychologist Dr. McGonigal, which showed that exercise can help people become more social and form bonds with others (2019). It was shown in my findings that a number of participants felt they had made beneficial connections to family, peers and community through Bunk to 5K. They further reported that these connections helped them deal with trauma, mental health and recovery.

There was also evidence that Bunk to 5K may have helped women form a better relationship with their bodies, something that Dr. van der Kolk stresses is important in recovering from PTSD and other trauma-related mental health disorders (2014). Some of the women surveyed reported increased self-esteem and confidence, as well as a connection to their body as a result of running. Additionally, the findings suggest that many women were able to meet weight loss and other goals for their body through the program, and even those that did not meet these goals still felt better about their physical appearance. The full impacts and implications of the relationship to body piece of this puzzle have not yet been thoroughly examined, and are certainly an area where future research is required.

Another one of Covington and Bloom's gender responsive principles is, "4) Address substance abuse, trauma, and mental health issues through comprehensive, integrated, and culturally relevant services and appropriate supervision." (2008). For each of these three major categories, trauma, mental health and substance abuse, Bunk to 5K had a positive impact for the women who responded to the survey. Among the sample, rates of mental health disorders were about the same as reported in both national and Oregon-specific surveys; Sample: 71%, National: 75%, Oregon: 75% (James & Glazer, 2006; Oregon Justice Resource Center, 2019). However, the rate of trauma exposure among the sample, 90%, was much higher than reported nationally,

68%, or in Oregon, 75% (Blackburn, et. al.,2008; Oregon Justice Resource Center, 2019).

However, this may be accounted for by the general question asked in the survey, “Have you ever experienced trauma?”, as opposed to other surveys limiting the question to childhood abuse or sexual victimization. As far as substance abuse, this survey only asked if the women were in treatment when participating in Bunk to 5K, not whether they had suffered from substance abuse at all. Therefore, this particular survey assessed how Bunk to 5K had an impact on women who were actively in substance abuse treatment. As reported in the findings, respondents reported improvements in all three categories.

Collins’ and Bilge’s six principles of intersectionality can be utilized to analyze these results from an intersectional feminist lens: social inequality, power, relationality, social context, complexity and social justice (2016). I argue that social inequality and power imbalance are key reasons which lead incarcerated women to have these complex needs. This is because patriarchy and male dominance over society lead to gender-based violence against women (Garland, et al, 2018; George & Stith, 2014; Miller, 2018; Walsh, 2015). Further, one could reasonably assume that this male dominance contributes to the lack of attention to women’s issues within prisons. As mentioned previously in this essay, some feminist critiques tells us these women should not be incarcerated at all (Davis, 2003; Braz, 2006; Horan, 2010; Byrd, 2017; Saleh-Hanna, 2017; Whalley & Hackett, 2017), however working within the confines of the current system, Bunk to 5K and programs like it may help to balance the inequalities of society which are exacerbated within prisons and therefore provide some social justice. By putting women’s needs at the forefront, and helping them to stay out of the criminal justice system, Bunk to 5K can help address the goals of feminist criminology and gender-responsive practice (Van Gundy, 2014; Covington & Bloom, 2008).

Additionally, intersectional feminist theory tells us it is not only their gender which has led to inequality for incarcerated women (Crenshaw, 2012). Class, race, sexuality and ability all intersect for each woman and play an important role in the opportunities they are granted throughout their lives (Collins & Bilge, 2016). Unfortunately, deeply tackling all of these topics was outside of the scope of this essay, however it should certainly be acknowledged that these intersections of identity play a big role in women's experience of the criminal justice system and whether or not they will end up there in the first place (The Sentencing Project, 2019). Even so, an analysis of programs which work specifically for women is a feminist analysis (Van Gundy, 2014). To have centered marginalized women's voices, with the intent of hearing their needs and improving their conditions, is intersectional feminist work (Crenshaw, 2012). Work like this is needed to identify what types of interventions may help justice involved women. The intersectional feminist approach of this project allowed me to uncover that exercise programs are one such intervention with potential.

When considering these findings it is important to remember, while criminal justice reform is gaining attention nationwide and incarceration is decreasing, women's rates of incarceration are still increasing (Wesley & Dewey, 2018). Although gender responsive programs and feminist criminology research are on the rise (US Commission on Civil Rights, 2020; Peters et al, 2017; Ney, et al, 2019), much of this research still goes underutilized and women's programs are less likely to be evidence based (King & Foley, 2014; Wesley & Dewey, 2018). Additionally, although volunteer programs, like Bunk to 5K, show promise, they often face many roadblocks and a lack of support from the institutions they work within (Abrams, et al, 2016). This context, as well as the limitations discussed in the next section, influence the policy implications drawn from this study.

Limitations

The biggest limitation of this project was the survey sample available. First, the sample came from people who had signed up after release to receive a running care package from Reason to Run. Thus, it can be assumed these were people who enjoyed the running or the program at least somewhat enough to be interested in contacting Reason to Run after their release. Additionally, there is a response bias, those who respond are presumably those that are doing well and have not been reincarcerated. Lastly, as mentioned in Methodology, this survey took place during the 2020 COVID-19 Health Crisis. While COVID-19 has certainly affected all work being done at this time, my sample of previously incarcerated women can be assumed to have been especially hard hit by this crisis. These women tend to be low-income mothers, so they will have had to care for their out of school children, potentially lost their jobs, or were working extra hard and risking their lives in the service industry. Additionally, potential respondents may have had issues with connecting to the internet during this time due to increases in traffic volume (Bergman & Iyengar, 2020) or lack of access to a computer at home.

Due to this small and potentially biased sample, this work may not be generalizable to all women in prison, but it offers a glimpse into the real benefits of one exercise program on a group of incarcerated and formerly incarcerated women. Further, this work importantly illuminates the specific ways in which such a program might be helpful. It should be noted, there may be specific aspects about Bunk to 5K, such as an encouraging leader and volunteers, which seem to have been very important, but would not necessarily apply to another running program. While studies have examined how and why volunteers get involved (Tewksbury & Dabney, 2004; Meek, et al, 2013; Kort-Butler & Malone, 2014), little research has been done on how the relationship between incarcerated people and volunteers may affect recidivism or other measures

of rehabilitation (Tomczak & Albertson, 2016). Because of the overwhelming response in this survey that the volunteers really contributed to their experience, this is certainly a place for future research. Overall, these results have provided insights on the ways in which an exercise group might meet incarcerated women's needs, both through the physical aspect and the social aspect. Further, it adds to the growing body of research which examines incarcerated women's needs and gender responsive practices (Covington & Bloom, 2008; Peters, et al, 2017; Wright, et al, 2012; Covington & Fedock, 2017). More research on physical activity group programs are needed to verify these apparent benefits.

Policy Implications

With these results and their limitations in mind, there are some policy recommendations that can be drawn. First, states' Department of Corrections, such as Oregon Department of Corrections, should invest in and encourage running and exercise programs. This study has shown that there is certainly a potential for exercise groups within prisons. Further, much research has shown the multiple benefits of exercise, including those which are especially relevant to incarcerated populations, mental health, substance abuse and trauma (Roessler, 2010; Wegner, et al, 2014; Smith-Marek, et al, 2018; Meek & Lewis, 2014).

Second, when programs are put in place, more effort needs to go into evaluating them. Particularly participatory research like this, which allows the voices of incarcerated and marginalized people to be centered, is needed and shown to be effective (Haverkate, et al., 2019; Survived & Punished, 2019; Crenshaw, 2014). If a more quantitative study had been done, for example, measuring recidivism rates, much of the nuance and context would be missed. I would not have been able to realize how important the social aspect of this program was for the women

without the qualitative nature of my methods. Therefore, such studies should be funded and appropriately administered for existing and new programming.

Third, with volunteer led programs like these showing so much promise, the states should more strongly support and provide resources to these programs (Meek, et al, 2013). States are very reliant on the services provided by the voluntary sector, yet volunteers face institutional roadblocks and a chronic lack of funds and resources (Abrams, et al, 2016). If programs like Bunk to 5K were more supported by the institution, it might be possible to run the program more often, as many women requested in the feedback responses. Respondents also mentioned the lack of quality or lack of receipt of a running care package, currently Reason to Run relies completely on private donations for the bras, shoes and socks. State resources could be utilized to provide these resources as part of continuum of care services, to keep promoting positive hobbies upon release.

Lastly, in the surveys some women mentioned the size and quality of the track and running area detracted from their positive experience, thus improving these facilities could improve quality of life and create a better space for women to rehabilitate. Currently, the track is very hard, giving women back and feet pain, and very small, requiring 28-30 laps to complete a 5K. Additionally, this small track is shared with all the women on the yard, making it overcrowded at times. This suggestion goes in conjunction with research finding that the physical design of a prison can affect its ability to be a productive place for healing (Jewkes, 2018; Karthaus, et al, 2019).

Conclusion

To examine what incarcerated women need and how their unique intersections of identities relate to their incarceration is a feminist undertaking. In this project, principles from

intersectional feminism and feminist criminology were utilized to shape this exploration and center the voices of previously incarcerated women. Further, previous literature was used to identify women's pathways to incarceration and their needs from the criminal justice system, although ideally, there would be other systems in place to keep these women from being incarcerated at all. The survey was designed to explore whether the needs of incarcerated women identified in the literature were indeed the needs of the women in this sample; informed by their high rates of trauma, participation in substance abuse treatment and diagnosed mental health disorders. The survey then asked the women to describe their experiences and how the Bunk to 5K did or did not meet these needs.

Many of the respondents reported that Bunk to 5K helped them with mental health issues, substance abuse recovery, their relationships with their bodies and dealing with trauma. Bunk to 5K was considered helpful in two ways: the actual physical exercise and the supportive social environment. However, due to the small sample size and specificity of the survey, these results cannot be said to be true for all exercise group programs in prisons or even all women who have participated in Bunk to 5K. It is clear that more research is needed to draw generalizable conclusions on incarcerated women's experiences of exercise programs. Nonetheless, this research has shown these programs have potential to be beneficial and suggests policy changes with a potential to improve outcomes for incarcerated women.

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Appendix A: Survey

Reason to Run

Start of Block: Default Question Block

Q1 The purpose of this survey is to assess the impact of the Bunk to 5K/run group program at Coffee Creek Correctional Facility (CCCF). This survey is part of a research project, "Finding a Reason to Run: Examining Women's Experiences with a Running Program at Coffee Creek Correctional Facility". You are being asked to participate so that we might gain a better understanding of your experience running with Bunk to 5K/run group. This survey is completely voluntary and will include personal questions about your health and history. Questions have a potential to make you uncomfortable and any question you would not like to answer may be skipped and left blank. All in all, the survey is expected to take you less than 10 minutes. The results of this survey will be anonymous and your responses will not be connected to any identifying information beyond your racial identity. If you chose to use the write-in spaces, your direct quotes may be utilized, but any identifying information will be removed. Your answers or choice to participate do not affect your ability to participate in Bunk to 5K or other Reason to Run activities, your standing with ODOC or your standing as an OSU employee or student. If you would like to ask any questions before continuing with the survey please contact Alicia Ward at wardalic@oregonstate.edu or Dr. Michelle Inderbitzin at mli@oregonstate.edu.

Q2 Knowing the above, would you like to participate in the following survey?

- Yes (1)
- No (2)

Skip To: End of Survey If Knowing the above, would you like to participate in the following survey? = No

Q3 What race(s) do you identify as?

- American Indian or Alaska Native (1)
- Hispanic or Latino/a (2)

- Asian (3)
- Black or African American (4)
- Native Hawaiian or Other Pacific Islander (5)
- White (6)
- Other (7) _____

Q4 Were you part of a treatment group when you participated in Bunk to 5K/run group? (i.e. HOPE, LIFT, Turning Point)

- Yes (1)
- No (2)

Display This Question:

If Were you part of a treatment group when you participated in Bunk to 5K/run group? (i.e. HOPE, LIF... = Yes

Q5 How did participating in Bunk to 5K/run group affect your recovery?

- Extremely positive (1)
- Somewhat positive (2)
- Neither positive nor negative (3)
- Somewhat negative (4)

Extremely negative (5)

Q6 How often did you run or walk before you were incarcerated?

Daily (1)

A few times a week (2)

Weekly (3)

Once in a while (4)

Never (5)

Q7 How often did you run or walk in Coffee Creek Correctional Facility before you started Bunk to 5K/run group?

Daily (1)

A few times a week (2)

Weekly (3)

Once in a while (4)

Never (5)

Q8 How often did you run or walk in Coffee Creek Correctional Facility after completing Bunk to 5K?

- Daily (1)
- A few times a week (2)
- Weekly (3)
- Once in a while (4)
- Never (5)

Q9 How often do you run or walk now?

- Daily (1)
- A few times a week (2)
- Weekly (3)
- Once in awhile (4)
- Never (5)

Display This Question:

If How often do you run or walk now? != Never

Q10 Did receiving a running bra or shoes after being released help you to keep running?

- Definitely yes (1)
- Probably yes (2)
- Probably not (3)

Definitely not (8)

Did not receive a running bra or shoes (9)

Q11 How often do you participate in other types of exercise (i.e. weight lifting, zumba, swimming, yoga, etc.)

Daily (1)

A few times a week (2)

Weekly (3)

Once in awhile (4)

Never (5)

Q12 Have you participated in a running or fitness group since you were released from CCCF?

Yes (1)

No (2)

Q13 Please rate how the following aspects of Bunk to 5K/run group affected your experience:

	Extremely positive (1)	Somewhat positive (2)	Neither positive nor	Somewhat negative (4)	Extremely negative (5)

	negative (3)				
Group/team atmosphere (1)	<input type="radio"/>				
Encouragement from other participants (2)	<input type="radio"/>				
Info sessions (3)	<input type="radio"/>				
Inspiration/advice from volunteers (4)	<input type="radio"/>				
Opportunity to interact with different people (5)	<input type="radio"/>				

Q14 Have you ever been diagnosed with a mental health disorder? (i.e. PTSD, depression, anxiety, bipolar disorder, eating disorder, personality disorder, schizophrenia)

Yes (17)

No (18)

Prefer not to say (19)

Display This Question:

If Have you ever been diagnosed with a mental health disorder? (i.e. PTSD, depression, anxiety, bipo... = Yes

Q15 How did Bunk to 5K/run group affect your mental health condition?

- Extremely positive (16)
- Somewhat positive (17)
- Neither positive nor negative (18)
- Somewhat negative (19)
- Extremely negative (20)

Display This Question:

If How did Bunk to 5K/run group affect your mental health condition? = Extremely positive

Or How did Bunk to 5K/run group affect your mental health condition? = Somewhat positive

Q16 How did Bunk to 5K/run group help to improve your mental health condition?

Q17 Have you ever experienced trauma or abuse? (i.e. sexual assault, child abuse, domestic violence, etc.)

- Yes (1)
- No (2)
- Prefer not to say (3)

Display This Question:

If Have you ever experienced trauma or abuse? (i.e. sexual assault, child abuse, domestic violence,... = Yes

Q18 How did Bunk to 5K/ run group affect your relationship with your trauma?

- Extremely positive (16)
- Somewhat positive (17)
- Neither positive nor negative (18)
- Somewhat negative (19)
- Extremely negative (20)

Display This Question:

If How did Bunk to 5K/ run group affect your relationship with your trauma? = Extremely positive

Or How did Bunk to 5K/ run group affect your relationship with your trauma? = Somewhat positive

Q19 How did Bunk to 5K/run group help you to improve your relationship with trauma?

Q20

Was changing your body's physical appearance a reason for you to join Bunk to 5K/ run group?
(i.e. lose weight, tone muscles)

Yes (1)

No (2)

Display This Question:

If Was changing your body's physical appearance a reason for you to join Bunk to 5K/ run group? (i.e... = Yes

Q21 Did Bunk to 5K/ run group help you to meet those goals for your physical appearance?

Definitely yes (1)

Probably yes (2)

Probably not (3)

Definitely not (4)

Display This Question:

If Was changing your body's physical appearance a reason for you to join Bunk to 5K/ run group? (i.e... = Yes

Q22 Did Bunk to 5K/ run group make you feel more at ease with your physical appearance?

- Definitely yes (1)
- Probably yes (2)
- Probably not (3)
- Definitely not (4)

Q23 Since completing Bunk to 5K/run group and being released, have you been rearrested?

- Yes (1)
- No (2)

Q24 What else would you like us to know about your experience with Bunk to 5K/run group?
