

Running Arizona Getting to Know You Form

email completed form to youcando262@aol.com

OR

mail completed form to:

Running Arizona, ATTN: Richard Stark
8326 E. Minnezona Avenue, Scottsdale, AZ 85251

_____ name _____

_____ day phone _____

_____ evening phone _____

_____ cell phone _____

_____ email _____

emergency contact: _____ phone: _____

date of birth: ___ / ___ / ___

gender: ___ female ___ male

current training (check box and note time & type of training):

- | | |
|---|--|
| <input type="checkbox"/> Sunday _____ | <input type="checkbox"/> Monday _____ |
| <input type="checkbox"/> Tuesday _____ | <input type="checkbox"/> Wednesday _____ |
| <input type="checkbox"/> Thursday _____ | <input type="checkbox"/> Friday _____ |
| <input type="checkbox"/> Saturday _____ | |

days & time available during the week for training (check box and note time available):

- | | |
|---|--|
| <input type="checkbox"/> Sunday _____ | <input type="checkbox"/> Monday _____ |
| <input type="checkbox"/> Tuesday _____ | <input type="checkbox"/> Wednesday _____ |
| <input type="checkbox"/> Thursday _____ | <input type="checkbox"/> Friday _____ |
| <input type="checkbox"/> Saturday _____ | |

favorite color: _____

longest distance/time run: _____

minute/mile pace during race: _____

minute/mile pace during training: _____

favorite song: _____

short-term training goals (next 6 months):

long-term training goals:

name

favorite movie: _____

current or past injuries/ailments/health issues – please describe:

favorite season: _____

races completed:

_____ 5k _____ 10k _____ half marathon _____ marathon _____ other _____

fastest times:

_____ 5k _____ 10k _____ half marathon _____ marathon _____ other _____

slowest times:

_____ 5k _____ 10k _____ half marathon _____ marathon _____ other _____

favorite place to visit: _____

upcoming races you would like to enter:

race date: _____ race distance: _____ race name/location: _____

race date: _____ race distance: _____ race name/location: _____

race date: _____ race distance: _____ race name/location: _____

other information you would like to share about yourself:

favorite food: _____

best day and time to contact you: _____

best method of contact: day phone evening phone cell phone email

Thank you for taking the time to complete this form. Your answers will help us to develop a running and training program that best suits you and fits your schedule.