

# Running Arizona Getting to Know You Form

email completed form to youcando262@att.net  
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):

- Sunday \_\_\_\_\_
- Tuesday \_\_\_\_\_
- Thursday \_\_\_\_\_
- Saturday \_\_\_\_\_
- Monday \_\_\_\_\_
- Wednesday \_\_\_\_\_
- Friday \_\_\_\_\_

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

- Sunday \_\_\_\_\_
- Tuesday \_\_\_\_\_
- Thursday \_\_\_\_\_
- Saturday \_\_\_\_\_
- Monday \_\_\_\_\_
- Wednesday \_\_\_\_\_
- Friday \_\_\_\_\_

**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.

