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## RUNNING ANALYSIS

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

School (if applicable): \_\_\_\_\_ Year/Grade: \_\_\_\_\_

School Sport(s):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Club Sport(s):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Recreation Sport(s):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Running Experience:

➤ \_\_\_\_\_ yrs \_\_\_\_\_ months

➤ Type:

- Cross Country
- Track: events:  
\_\_\_\_\_
- 5K road
- 8K road
- 10K road
- Half Marathon
- Marathon
- Biathlon
- Triathlon

Reason(s) for attending the Running Analysis:

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Signature: (if under 18, parent/guardian): \_\_\_\_\_ Date: \_\_\_\_\_