



Fall Endurance Programs Registration

Please complete all sections of this form:

Name: _____ Date: _____
Age: _____ Gender: _____ Email: _____
Address (include City): _____
Home Phone: _____ Cell Phone: _____
Emergency contact: _____ Emergency phone: _____

Step One: Select the Program (please note prerequisites)

Prerequisites: You must be able to comfortably run a 10K before starting any program. Chico Ten and Half Marathon participants must be running a minimum of 18 miles a week. Marathon participants must be running a minimum of 21 miles a week.

- Chico Ten:** 6-week program starts Tuesday, August 10th and ends Tuesday, September 14th. The program targets the 2010 Chico Ten (mile) that takes place on Saturday, September 18th.
- Half Marathon:** 9-week program starts Tuesday, August 10th and ends Tuesday, October 5th. The program targets the 2010 Healdsburg Half Marathon (October 10th) and the Nike Women's Half Marathon (October 17th).
- Marathon:** 17-week program starts Tuesday, August 10th and ends Tuesday, November 30th. The target event is the California International Marathon (December 5th).

NOTE: There are no refunds after the programs start. You may upgrade from one program to the next provided you have discussed this with your coach and the coach is in agreement.

Step Two: Running History

How long have you been running?

Recent racing history (list all races completed in the last 6 months)

| Distance | Pace or Time | Date |
|----------|--------------|------|
|----------|--------------|------|

Personal bests (list your best performances in the last two years for each distance run)

Distance **Pace or Time** **Date**

What is your purpose in participating in this training program?

Describe your most recent 4 weeks of training. List the miles or time spent running, workout types (easy, speed, hills, etc.), and any supplemental training (weights, stretching, cycling, swimming, aerobics, etc.).

Example: 4 mi @ 8:30 pace
 Upper park fire road
 Stretching
 20 min weight training

Sun Mon Tue Wed Thu Fri Sat

Last week

2

3

4

Step Three: Health – this section is very important; your coaches need to know your personal health situation should any emergency arise

Medications (please list anything that can affect your running performance, e.g. diabetes or heart medication):

Health Risks related to Endurance Training (e.g.: family history, chronic disease, etc.)

