

Run-4-Jared

I Want To RUN;

Information Form

(1) Information about you:

*All information is confidential,
all team e-mail distributions
are made BCC (blind copy)*

_____ first name _____ last name

_____ street address _____ city _____ state _____ zip

Please contact me by: → _____ e-mail address _____ phone _____ Date
(circle one)

(2) Your running style:

- I run as time allows mostly for exercise and fun.
- I am a consistent runner, but do not compete in races very often.
- I follow a running program and compete in races for the challenge.
- I am an avid runner and compete in races for the challenge and competition.

(3) Your running endurance:

- I can successfully accomplish about 3 miles running.
- I can successfully accomplish about 3 to 6 miles running.
- I can successfully accomplish about 6 to 10 miles running.
- I can successfully accomplish over 10 miles running.

(4) Your goal for the Relay race this year:

- I would like to run one leg, on a just for fun team.
- I would like to run one leg, on a slightly more competitive team
- I would like to run one leg, on any type of team.
- I would like to run more than one leg, on any type of team.
- The above marked is my first choice; but I will run wherever Run-4-Jared needs me.
(Just discuss with me the options on how many and what type of relay legs.)

(5) Your relay team commitment at this time:

- I am interested but not quite sure yet.
- I want to run, but my commitment will be based on my schedule.
- I am committed, please send me a runners registration packet.

(6) Team information:

yes	no	Have you run on a Run-4-Jared Relay team before?	
yes	no	Has a Run-4-Jared Team Captain discussed with you commitment already?	
yes	no	Have you committed to their team? What is their name?	_____
yes	no	Is there a friends team you would like to be on? Name?:	_____
yes	no	Would you like to be a team captain this year?	
		If Yes: How many team members do you think you will recruit?	_____
		How many extra team members will you need to complete your team?	_____

Please check the boxes and answer the most applicable questions above, then send this form to RUN-4-JARED

By E-mail:
Send scanned document to:
gregg@run-4-jared.com