



COLORADO, USA
www.RunnersRoost.com

2008 TEAM APPLICATION

PERSONAL INFORMATION

Last Name: _____ First Name: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone No: _____ Cell No: _____ Date of Birth: _____

Email: _____ Gender: _____

Shoe size: _____ Top size: _____ Bottom size: _____ Favorite shoe: _____

How many races did you compete within the last year? _____

List the top 4 races, times, and overall/age group placing from the last year:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

List any additional races, times, and placing from previous top performances:

- 1) _____
- 2) _____

PR's (if applicable)

Mile: _____ 5K: _____ 8K: _____ 10K: _____

10 Miles: _____ 1/2 Marathon: _____ Marathon: _____

Sprint Tri: _____ Olympic Tri: _____ 1/2 Ironman: _____ Ironman: _____

What are your running/triathlon goals for the upcoming year?

Why would you be a good representative of Runners Roost?

Preferred time(s)/day(s) to meet for scheduled team workouts? (i.e. - Saturday, 7am, Long run)
