

RUNNER QUESTIONNAIRE

(ALL INFORMATION IS HELD IN CONFIDENCE)

Name:

Date of Birth: _____ Current Age: ____ Sex: M F T-Shirt Size _____

Height: _____ Weight: _____ Married: _____ If So, How Long: _____

Home Phone: _____ Work: _____

Cell: _____ Text message? ____ Do you have DSL (fast internet) _____

Mailing address:

Can you learn to do elementary things on an Excel Spreadsheet? _____

Email address:

You realize marathoning, by its very nature, requires time and dedication. Do you anticipate that causing stress with your family? _____

Ages of Children: _____

What are your normal work hours? _____

What does your job/vocation involve?

How many miles per week do you run? _____

How many years have you been running at least 10 miles per week? _____

When during the day do you usually run? _____

What do you enjoy most, speed training or distance training? _____

What do you expect from your coach? _____

What is your resting heart rate? _____

(One method is to check your pulse rate immediately after awakening and before you get out of bed. Do this for three days and take the average.)

Do you have access to a track? _____

Are you willing to do speed work on a track? _____

Do you own a heart-rate monitor? _____ Do you use it? _____

Do you run with a GPS unit? _____

Do you currently do any "Speed work"? _____ Describe: _____

Do you have access to a treadmill? _____

Do you ever train on a treadmill? _____ If so, what percent of your training? _____

Do you do any cross-training? _____

Do you do any strength training? _____

What is your recent best:

(IF YOU CANNOT ACCURATELY ESTIMATE, LEAVE BLANK)

1 MILE _____ YEAR _____

2 MILE _____ YEAR _____

5K TIME _____ YEAR _____

10K TIME _____ YEAR _____

1/2 MARATHON _____ YEAR _____

MARATHON _____ YEAR _____

It is helpful to have current 2 mile, 5K and/or 10K times to help establish a baseline. If your times are not current, are you willing to run races or time trials to establish these? _____

Have you ever run a marathon? _____ If so, How many? _____

Best recent marathon time _____ Year _____

Do you subscribe to any running magazines? _____

RUNNING HISTORY FOR LAST 6 WEEKS

	M	T	W	TH	F	S	S	TOT
LAST WEEK	—	—	—	—	—	—	—	—
2 WKS AGO	—	—	—	—	—	—	—	—
3 WKS AGO	—	—	—	—	—	—	—	—
4 WKS AGO	—	—	—	—	—	—	—	—
5 WKS AGO	—	—	—	—	—	—	—	—
6 WKS AGO	—	—	—	—	—	—	—	—

Do you keep a mileage log? _____ Average number of miles per year? _____

Are you willing to keep your mileage on a chart that can be emailed to me? _____

Are you willing to communicate via email? _____

Are you willing to respond to email within 1 day? _____

Are you willing to email your past week's training accomplishments within a day of completion? _____

If you are over 40, does your doctor know of your running plans? _____

Do you have high blood pressure? _____

Have you ever had any heart problems? _____

Are you more than 10 pounds overweight? _____

Please report on previous recent running injuries (within the last 18 months)

Do you know that running:

Requires a great commitment _____

Can be dangerous _____

Requires great patience _____

Creates many over-use injuries _____

Is a finesse sport, not a strength sport _____

Do you have the dedication to accomplish your goals? _____

There are lots of reasons why people run, or want to run. Please share with me your reasons. _____

IMPORTANT: I need to know what **GOALS** you wish to accomplish, and if there are timetables you wish to meet to accomplish these goals. _____

YOU REALIZE THAT I'M NOT AN EXPERT AND NOT A DOCTOR AND THAT YOU MUST, AS A RESPONSIBLE ADULT, DECIDE WHETHER TO FOLLOW MY SUGGESTIONS, AND THAT YOU, NOR YOUR KIN, WILL HOLD ME LIABLE FOR THESE SUGGESTIONS

26 pt 2

THE FORM ABOVE CAN BE RETURNED VIA EMAIL OR U.S. MAIL: Nathan Hall, 1209 Fletcher Street, Tupelo, MS 38804

THE FORMS BELOW MUST HAVE SIGNATURE AND CANNOT BE EMAILED.

“An association of marathoners;
A network of marathon coaches”

Participation and Assumption of Risk Agreement

Athlete's Name _____ **Age** _____

_____, "Athlete", in consideration of being permitted to participate in the athletic, running and conditioning training program with Nathan Hall & Team 26pt2, acknowledges that participation in such a training program can be hazardous to my health and that I have an increased risk of injury by participating in this program.

I agree and understand that I am solely responsible for my health and medical condition, and that it is my sole responsibility to determine my physical and medical fitness to undertake a strenuous training program. I acknowledge that Nathan Hall & Team 26pt2 is not a medical doctor and that advice and recommendations of Nathan Hall & Team 26pt2 are based upon Nathan Hall & Team 26pt2's training and experience as a runner. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal.

I accept all the inherent risks of participating in the running and conditioning training program. I understand and agree that Nathan Hall & Team 26pt2 shall assume no responsibility or liability for me for accident, illness, or loss of, or damage to, personal property resulting from participation in this Training Program.

The forgoing is submitted in consideration of Nathan Hall & Team 26pt2 allowing my participation in this Training Program. I confirm that I am of adult age and I execute this document with full knowledge of the contents and consequences stated in this Agreement.

Signature of Athlete

Date

Athlete's Name _____ **Age** _____

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in *Nathan Hall & Team 26pt2* Training Program I, for myself, my heirs, personal representative and assigns, do hereby release, waive, covenant not to sue and discharge *Nathan Hall & Team 26pt2* from liability from any and all claims including the negligence of *Nathan Hall & Team 26pt2* resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in *Nathan Hall & Team 26pt 2* Training Program.

Signature

Date

Assumption of Risks: Participation in running and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal. I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in training for and participating in road, trail and track running and racing and any conditioning and cross training activities associated with that training. I hereby assert that my participation is voluntary and that I knowingly assume all such risks. _____(Initial)

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS *Nathan Hall & Team 26pt2* from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney’s fees brought as a result of my involvement in *Nathan Hall & Team 26pt2’s* Training Program.
_____(Initial)

Severability: The undersigned further expressly agrees that the forgoing waiver and assumption of risks agreement is intended to be a broad and inclusive as is permitted by the law of the *State of Mississippi* and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement consisting of two pages, fully understand its terms, and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature

Date

Athlete must sign and return the Participation and Assumption of Risk Agreement and the Waiver of Liability, Assumption of Risk, and Indemnity Agreement to *Nathan Hall, 1209 Fletcher Street, Tupelo, MS 38804*. Forms must be sent by U.S. Mail.

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