

# 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: \_\_\_\_\_ Do you text message? \_\_\_\_\_

Mailing address: \_\_\_\_\_

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 (VERY IMPORTANT!)

	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**

---

---

---

\*\*\*\*\*

**THE FORM ABOVE CAN BE RETURNED VIA EMAIL OR U.S. MAIL:  
KENNETH WILLIAMS, P.O. BOX 239, CORINTH, MS 38835-0239.**

**THE FORMS BELOW MUST HAVE SIGNATURE AND CANNOT BE  
EMAILED.**

Personalized Marathon Training

## 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 Kenneth W. Williams, 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 Kenneth W. Williams is not a medical doctor and that advice and recommendations of Kenneth W. Williams are based upon Kenneth W. Williams' 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 Kenneth W. Williams 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 Kenneth W. Williams 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 Kenneth W. Williams' Training Program I, for myself, my heirs, personal representative and assigns, do hereby release, waive, covenant not to sue and discharge Kenneth W. Williams from liability from any and all claims including the negligence of Kenneth W. Williams resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in Kenneth W. Williams' 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 Kenneth W. Williams 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 Kenneth Williams' 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 Kenneth Williams, P.O. Box 239, Corinth, MS 38835-0239. Forms must be sent by U.S. Mail or faxed to 662.284.4864**

Personalized Marathon Training