

Program is \$50 for new participants  
\$25 for returning participants  
AARC membership required  
(\$25 to join AARC)  
Checks payable to:  
Ashburn Area Running Club

**Ashburn Area Running Club**  
**2007 Fall Endurance Race Training Program**  
**Marathon/1/2 Marathon/10-Miler Training Registration Form**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
e-mail address: \_\_\_\_\_

What race are you running (and what date is it?)

Have you run a 1/2 Marathon or 10-Miler before?

Have you run a marathon before? If so, how many?

What is your time goal, if any?

How would you describe your current fitness level?(beginner, poor, moderate, good, excellent?)

How many days a week do you typically run?

How many miles do you typically run each week?

How long is your average run?

What is the longest run you have done in the past 8 weeks?

What is the most running you've ever done in a week?

What is the longest run you've ever completed?

If you have run any races, for each distance that you've raced please fill out the appropriate row of the table below with your best time/personal record (PR) and when you ran it, as well as the date and running time of your most recent competition in that distance. If you've never run a race, don't worry about this section!

Distance	PR (Best Time)	Date	Most Recent Time	Most Recent Date
5K				
10K				
10M				
1/2 marathon				
marathon				

Have you ever had any running related injuries? Explain.