

**Contact Information**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Current Address: \_\_\_\_\_

Email (your workouts will be emailed to this address): \_\_\_\_\_

Phone: \_\_\_\_\_

**Previous Athletic History**

Please list how many years have you been involved in the following activities, be it full time or sporadic. Also, please give a little background as to what you've done in each, if any (example: Running Achievements: Ran a 3:43 marathon in 2007, ran cross country in high school for 4 years). Quantifiable is better, meaning instead of saying you won your age group in the local 5k Turkey Trot, provide a time. Also, provide any PR's (personal record) you have associated with each and the year you achieved it.

Swimming: \_\_\_\_\_

Achievements: \_\_\_\_\_

Road Cycling: \_\_\_\_\_

Achievements: \_\_\_\_\_

Mountain Biking: \_\_\_\_\_

Achievements: \_\_\_\_\_

Running: \_\_\_\_\_

Achievements: \_\_\_\_\_

Triathlon: \_\_\_\_\_

Achievements: \_\_\_\_\_

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Other (specify): \_\_\_\_\_

Achievements: \_\_\_\_\_

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### Goals

Now that we know where you've been, it's time to talk about where you want to GO. Please provide Quantifiable goals. Instead of saying you want to win your age group at the 5430 Triathlon in 2011, do some research and tell us what you need to achieve in order to be a contender for an age group win. Saying you want to finish a marathon is an acceptable goal, as is finishing an Ironman. If you want to improve your 10k time, please tell us by how much. Do you want to move up a few waves in the Bolder Boulder 10k? What time do you need in order to do that? The more info you provide as to where you've been (athletic history section above) and where you want to go, the more straightforward it will be to get you to your goal(s). We would also love to see not only short term goals (1 year or 1 season out), but long term goals. Maybe you did a sprint triathlon last year and want to finish a half Ironman next year. Maybe your ultimate goal is to finish an Ironman.

Swimming Short Term Goals: \_\_\_\_\_

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Swimming Long Term Goals: \_\_\_\_\_

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Road Cycling Short Term Goals: \_\_\_\_\_

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Road Cycling Long Term Goals: \_\_\_\_\_

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Mountain Biking Short Term Goals: \_\_\_\_\_

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Mountain Biking Long Term Goals: \_\_\_\_\_

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Running Short Term Goals: \_\_\_\_\_

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Running Long Term Goals: \_\_\_\_\_

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Triathlon Short Term Goals: \_\_\_\_\_

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Triathlon Long Term Goals: \_\_\_\_\_

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Other (specify) Short Term Goals: \_\_\_\_\_

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Other (specify) Long Term Goals: \_\_\_\_\_

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