

Plateau Running Club

Runner Questionnaire

*Name*_____

What type of running or running/training events do you primarily participate in?

<i>Track</i> _____	<i>Distance</i> _____
<i>Road</i> _____	<i>Distance</i> _____
<i>Trail</i> _____	<i>Distance</i> _____
<i>Other</i> _____	

Are you interested in any of these club activities?

<i><u>Activity (circle)</u></i>	<i><u>Day</u></i>	<i><u>Time</u></i>
<i>Track workouts</i>		
<i>Club runs</i>		
<i>Trail runs</i>		
<i>Team relay/races</i>		
<i>Social get togethers</i>		

*What type of shoe do you wear now?*_____

*If we were to get a good deal on Nikes would you consider wearing Nikes?*_____

How can the Plateau Running Club Help support you in your training and racing?
