

CEEVACS ROADRUNNERS RUNNING/WALKING CLINIC EVALUATION

Name _____

Email _____ Phone _____

If you have completed the running clinic before, what year and what group were you in?

Please check the following that apply to you:

Beginner runner: No running experience. You are starting over from a year or more of inactivity.

Advanced beginner runner: You run occasionally.

Running consistently for a year

Beginner walker

Experienced walker

Racing experience within the last two years:

No racing experience

5k-10k races

10k-15k races

Half Marathon

Marathon

Ultra Marathon (50k & up)

Please give your most recent race times		
Road Races	Time	Year achieved
5k		
10k		
12k		
15k		
½ Marathon		
Marathon		

Each participant in CeeVacs Roadrunners Running and Walking Clinic is encouraged to time themselves for a distance of 2k (5 laps of the track on the inside lane). If 2k is too far, cover 1k (2 1/2 laps of the track on the inside lane)

Beginner Runners: Run/ Walk at a talk pace - You do not have to run the entire distance.

Advanced Beginner Runner: Run at your current run pace

Experienced Runner: Run at a pace that you can maintain for the entire distance

Beginner Walker : Walk at a talk pace

Experienced Walker: Walk at your current 'fast' walk pace

Fill-in your time here: 1 km _____ 2 km _____

Please give a brief description of your current running/ walking week. If you participate in other sports or activities (cross train) please list here:

Are you currently undergoing treatment for a medical problem or injury?

Please give any further details of your medical and injury history here: