

# DC MULTISPORT 2016 SPRING TRAINING QUESTIONNAIRE

If you would like a training plan tailored to your race goals (Michael Kern is doing this for FREE!), please complete this questionnaire. If you are only interested in receiving information and updates on when the group meeting times and locations will be, you only need to complete the first few lines. Or just shoot us an email with the information and we'll add you!

If you have questions, please contact Michael Kern ([mipkern@gmail.com](mailto:mipkern@gmail.com), 812-639-2640) or Tara Eckman ([taraeckman@gmail.com](mailto:taraeckman@gmail.com), 812-661-9138). We look forward to training with you this Winter and Spring!

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE (for last minute text updates) \_\_\_\_\_

YOUR PLANNED SPRING RACE (location, date, distance) \_\_\_\_\_

GOAL RACE PACE (min/mile) \_\_\_\_\_

CURRENT LONG RUN DISTANCE \_\_\_\_\_

YOUR LAST RACE (AT YOUR PLANNED OR NEXT LONGEST DISTANCE) \_\_\_\_\_

YOUR PACE FOR THE ABOVE RACE (min/mile) \_\_\_\_\_

ANY OTHER COMMENTS? \_\_\_\_\_

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