***Eagle Runner Profile***



***Name:***

***Phone Numbers-***

***Parent(s):***

***Yours:***

***Emails-***

***Parent(s):***

***Yours:***

***Personal Records (list ALL best-known times):***

***400m\_\_\_\_\_\_\_ 800m\_\_\_\_\_\_\_ 1600m \_\_\_\_\_\_\_ 3200m\_\_\_\_\_\_\_***

***5000m (cross-country) \_\_\_\_\_\_\_\_***

***Longest repeated (done 3 or more times) run (in miles):***

***Average training mileage/week (approximate):***

***List any previous running related injuries/health issues:***

***What is ONE thing that you could change to be a better runner:***

***What is ONE thing that makes a good teammate:***

***Favorite Movie:***

***Favorite Band:***

***\*\*Please email this information by the week of 5/30 to:*** [***runhardrunlong@msn.com***](about:blank) ***to get your summer training schedule that will start on 6/13!***