



I Am Going to Get My Kicks by Running Route 66

First Name _____ Last Name _____

Email Address _____

Age _____ Male / Female Phone # _____

How did you hear about our training group _____

Half Marathon Fitness Information

I have done a half marathon before (circle one) Yes / No I'm training for (name) _____

If yes, are you shooting for any time range? _____

Longest and/or Most Recent Race: (We will use this distance and time to help place you in an appropriate group)

(13.1M, 15K, 10K or 5K Distance _____ Time ____:____:____ Month _____ Year _____

Long Slow Run Groups

- _____ 7-8 min/mile group
- _____ 8-9 min/mile group
- _____ 9-10 min/mile group
- _____ 10-11 min/mile group
- _____ 11-12 min/mile group
- _____ 12-13 min/mile group
- _____ 13-14 min/mile group
- _____ 14 min/mile + group

The groups to the left are for your long slow Saturday runs only. RunnersWorld Tulsa feels that your long slow run should be 60-90 seconds slower than your half marathon goal pace.

Experienced Runners: If you are an experienced runner and would like to be in a specific pace group, please put an X next to the group to the left.

Beginner Runners will be placed in a group, based on information submitted above. If you would like to be placed in certain group, please place an X next to the appropriate group.

Full Marathon Fitness Information

I have done a marathon before (circle one) Yes / No I'm training for (name) _____

If yes, are you shooting for any time range? _____

Longest and/or Most Recent Race: (We will use this distance and time to help place you in an appropriate group)

(26.2 13.1M, 15K, 10K or 5K) Distance _____ Time ____:____:____ Month _____ Year _____

Long Slow Run Groups

- _____ 7-8 min/mile group
- _____ 8-9 min/mile group
- _____ 9-10 min/mile group
- _____ 10-11 min/mile group
- _____ 11-12 min/mile group
- _____ 12-13 min/mile group
- _____ 13-14 min/mile group
- _____ 14 min/mile + group

The groups to the left are for your long slow Saturday runs only. RunnersWorld Tulsa feels that your long slow run should be 60-90 seconds slower than your marathon goal pace.

Experienced Runners: If you are an experienced runner and would like to be in a specific pace group, please put an X next to the group to the left.

Beginner Runners can leave the selection to the left blank or you can put an X next to a group. If we feel that you have selected too fast or too slow of a group, we may talk to you about it.

RunnersWorld Tulsa
4329 S. Peoria
Tulsa OK, 74105
918-749-7557
918-749-7564 (fax)
www.runnersworldtulsa.com
runnersworldtulsa@yahoo.com



Store Hours

Mon - Sat 10-6
Thu - 10-7:30
Sun - 1-5