**RUNNER PROFILE – NAME**

**Date/Place of Birth:**

**Current Location:**

**Educational Background:**

**Personal Heroes:**

**Personal Strengths:**

**Personal Philosophy:**

**Non-Running achievement of which you are most proud:**

**Favorite non-running leisure activity:**

**Years running:**

**Favorite race**

**Favorite training run:**.

**Typical Training Week:**

**Injuries/Health Problems:**

**Why you run:**

**What do you do to stay motivated:**

**Why did you start running:**

**Advice you would give to beginning runners:**