

Runner Profile by Valerie Kilcoin

Name: (your name)

Town: (your town)

Where are you from originally and what brought you to this area?

What do you do professionally?

How long have you been running?

Do you run for fun or competitively?

Why do you run?

Recent memorable moment while running?

Best athletic accomplishment and why?

If you like to race, what is your favorite race distance? Why?

If you like to race, notable race moment or most memorable race?

Training partners?

Cross training activities?

Favorite local running route?

Favorite post run treat?

Strangest place ever run?

Any notable streaks or other unusual running events?

What made you start running?

Who is your running "idol"?

Are your reasons for running now the same or different than the reason you first started?

Why did you join ORC?

Ever run in a costume?

The only running shoe for me is

Ever been injured? How did it happen?

Hot or cold weather runner?

Morning or evening runner?

What is your motivation?

I run therefore I am

How did you become interested in running?

What is your favorite race?

Favorite running book/film?

What does your daily workout consist of?

If you could run with anyone, who would be the person?

Additional input or comments?

What else should the club know about you?

