

*Camper Bio*  
*(use back if necessary)*

*Name:* \_\_\_\_\_

*Birthday:* \_\_\_\_\_

*Name of School:* \_\_\_\_\_

*Grade in School as of Fall 2010:* \_\_\_\_\_

*How long have you been running?*

*What got you started in Running?*

*What do you Love about running?*

*Describe your favorite run*

*What are your strengths?*

*What areas would you like to improve upon?*

*Please list your personal Bests in any distances you've run, from 400m-5k and denote whether on the track, road or cross-country.*

*What do you want to take away from this Camp?*

*What are your Short and Long Term running Goals?*

*Who is your Heroine/ Hero? Why does She/He Inspire You?*

*What are Three Questions about Women's Running you would like addressed at Camp?*

*What Inspires you:*

*Do you have a favorite Book/Author?*

*Magazine?*

*Band?*

*Poem?*

*Describe a Talent you have that few people know about!*

*Please bring a meaningful item from home which has a story attached to it, that you will share at Camp, to help us all get to know each other. This can be a gift, an award you've received, a letter, a photo..., from any time of your life. This is something which tells a story that gives insight into who you are and are Becoming!*

*Our Camp is sponsored by adidas. You will be receiving a pair of adi training shoes at camp.*

*Please tell us:*

*What size do you wear?*

*What kind of shoe do you wear: Neutral, light stability, stability, motion control?*

*Don't know?*

*What questions do you have about footwear?*

*Have you had any specific problems related to your shoes?*

*What, if any, recurring running injuries have you had?*