



Washington 2011
July 4th-11th
Application Form

To complete the application process, follow steps A through C.

Step A: Assemble the following materials:

1. Letter of intent.....*Enclose a typed letter describing your running experience and why you should be considered for a slot on the Running Adventures training team. Include details on how you plan to raise money for the trip. Also outline your plans for running in the near and distant future and identify 3 specific running goals you hope to accomplish.*

Step B: Personal Information

1. Last name	2. First name	3. Date of birth
4. Cell phone number	5. Home phone number	6. Parent's names
7. Mailing address + Zip		
8. E-mail address		9. Parent's e-mail address
10. T-shirt size		

Step C: Running information:

1. Number of years running competitively?		
2. Do you intend to compete in cross country in the fall?		
3. Fastest 5K time?	4. Fastest 10K time?	5. Fastest mile time?
6. Greatest running accomplishment?		
7. Specific running goals for the upcoming year and beyond?		

Submit all materials together. Applications reviewed at the time of submission. Spots will fill quickly.