Name:

Primary Contact Number:

Email:

**Which training programs are you interested in Mentoring/Pacing? Please check all that apply:**

* Spring No Boundaries (Walk Only) – (10-weeks; starting March 30, 2020.)
* Spring No Boundaries (Walk-Run Intervals) – (10-weeks; starting March 30, 2020.)
* Spring No Boundaries (Beginner & Advanced 5K Run) – (10-weeks; starting March 30, 2020.)
* Spring No Boundaries (Beginner & Advanced 10K Run) – (10-weeks; starting March 30, 2020.)
* Spring No Boundaries (Youth 10K Run) – (10-weeks; starting March 30, 2020.)
* Summer No Boundaries (Walk Only) – (10-weeks; starting July 13, 2020.)
* Summer No Boundaries (Walk-Run Intervals) – (10-weeks; starting July 13, 2020.)
* Summer No Boundaries (5K Run) – (10-weeks; starting July 13, 2020)
* Summer No Boundaries (Half Marathon Run) – (13-weeks; starting June 22, 2020)
* Fall Turkey Trot– (Walk Only) - (10-weeks; starting September 21, 2020.)
* Fall Turkey Trot– (Walk-Run Intervals) - (10-weeks; starting September 21, 2020.)
* Fall Turkey Trot– (Beginner & Advanced 5-mile Run) - (10-weeks; starting September 21, 2020.)
* Winter Warriors – (Walk Only) - (10-weeks; starting December 3, 2020.)
* Winter Warriors – (Walk-Run Intervals) - (10-weeks; starting December 3, 2020.)
* Winter Warriors – (5-mile Run) - (10-weeks; starting December 3, 2020.)
* Winter Warriors – (15K Run) - (10-weeks; starting December 3, 2020.)

**Which days are you available? Please check all that apply:**

* Monday Tuesday Wednesday Thursday Friday Saturday

Friday

Wed

**What is your expected pace? (Minutes/Mile)**

**Tell us about your experience coaching, mentoring, or working with people in a motivational setting. If you don’t yet have any, that’s okay. Tell us about how someone has mentored or motivated you.**

**Why would you like to be a Mentor/Pacer with Fleet Feet Fox Valley?**

**Have you participated in a Fleet Feet Fox Valley training program? If so, which one(s)?**

**Describe your experience with Fleet Feet Fox Valley. (Use the back of the last page for more space if needed.)**

**Tell us about your running/walking. Do you have a favorite distance? Tell us about a time when you’ve accomplished a running/walking goal.**

Please print and fill this out & return to Emma at the store (address below) or attached to an email ([emma@fleetfeetfoxvalley.com](mailto:emma@fleetfeetfoxvalley.com))

We look forward to your involvement!