Name:

Address:

Phone Number:

Email Address:

Birthdate:

Are you a current RRRC member?

Do you post on Facebook on a regular or semi-regular basis?

Do you post on Instagram on a regular or semi-regular basis?

Do you post on Strava on a regular or semi-regular basis?

Race results from the past 2 years (Please focus on local races that you have participated in AND races where you have run your best times):

Running & racing goals for 2019 & beyond:

Other running related information about yourself (training groups or programs you have been a part of, coaching experience, a funny story about yourself, etc.):