

Columbia River Boys Cross Country
Athlete Profile

Name: _____ Grade: _____

Your e-mail address: _____

E-mail address of whoever is in charge at home: _____

Second e-mail address (if applicable): _____

How many years have you been running?

Why have you chosen to run cross country?

Do you identify as somebody a runner or somebody who somebody who simply enjoys participating in cross country?

If you have run cross country before, what are your PR's entering this season?

What are your individual goals for the season? List as many as you'd like. These can be specific goals such as times/places or general goals like improving armswing or making new friends.

Tell me all about your summer training. There is no wrong answer here, as long as you're honest. Please share your currently weekly mileage, and how long you've been maintaining this mileage.

What is your favorite type of workout?

What is something (or several things) about River Cross Country that you hope never change?

What is something about River Cross Country that you hope changes this season?

What motivates you?

Is there anything else that you'd like the coaching staff to know about you? (medical situations, personal situations, etc.) This information will not be shared outside of the coaching staff, but still please only share what you're comfortable with sharing.