

Club Northwest Wednesday Night Application

BASIC INFORMATION			
Name:			
Phone:		Email:	
Age:	Gender:		
My Events:	Indoor T&F: ☐	Outdoor T&F: ☐	Cross Country: ☐
	Road Racing: ☐	Trail Running: ☐	Other:
I have joined Club Northwest and I am a current member (if not a CNW member, do not apply): ☐			
TIME QUALIFIER			
Race name:		Distance:	Time:
TRAINING & RACING HISTORY			
Please describe your training over the past 6 months:			
What are your athletic plans for the next 12 months and what are your long-term goals? Include events you plan to race as well as your personal goals.			
Personal bests from the past 3 years that meet the qualifying times (provide specific race name & year, link to the race results are appreciated) and other running accomplishments:			
Why do you run? How can CNW help you achieve your goals?			

Please email this application to the [Teams Committee](#)