## **Club Northwest Wednesday Night Application**

BASIC INFORMATION						
Name:						
Phone:	Email:					
Age:	Gender:					
My Events:	Indoor T&F: □	Outdoor To	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): $\Box$						
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?						
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Please email this application to the <u>Teams Committee</u>