



Big Loser/Couch to 5K Registration Form

Name: _____ Age: _____

Phone: _____ E-Mail: _____

What program(s) are you entering (check one or both)

Couch to 5K - Free Big Loser Contest - \$35

I want a Couch to 5K Training Shirt Add \$15 Yes No

Credit Card # _____ exp ____/____

Shirt Size (choose Small thru XXXL) _____

How did you hear about this contest? _____

Are you currently walking or running? YES / NO\

If yes please answer the below questions

How many miles per outing are you running/walking? _____

How many minutes per outing are you running/walking? _____

How many days a week are you running/walking? _____

For more information call Coach Kathy or Brian at 918-749-7557

Check payable to RunnersWorld Tulsa

Entry Fee Paid _____