



Route 66, Tulsa Marathon and Half Training

Personal Information

First Name _____ Last Name _____

Email Address _____ Phone # _____

Age _____ Male / Female How did you hear about our training group _____

Circle One: Training for Half or full

I have done a half or full marathon before ?

_____ I'm training for (name of race) _____

If yes, are you shooting for any time range? _____

Longest and/or Most Recent Race: (We will use this distance and time to help place you in an appropriate group)

(26.2, 13.1M, 15K, 10K or 5K Distance _____ Time _____ : _____ : _____ Month _____ Year _____

Long Slow Run Groups Be conservative please

- _____ 7-8 min/mile group
- _____ 8-9 min/mile group
- _____ 9-10 min/mile group
- _____ 10-11 min/mile group
- _____ 11-12 min/mile group
- _____ 12-13 min/mile group
- _____ 13-14 min/mile group
- _____ 14 min/mile + group

The groups to the left are for your long slow Saturday runs only. RunnersWorld Tulsa feels that your long slow run should be 60-90 seconds slower than your half marathon goal pace.

Experienced Runners: If you are an experienced runner and would like to be in a specific pace group, please put an X next to the group to the left.

Beginner Runners will be placed in a group, based on information submitted above. If you would like to be placed in certain group, please place an X next to the appropriate group.

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Store Hours
Mon - Sat 10-6
Thu - 10-7:30
Sun - 1-5

