



# 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)*

(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.

I'm training for (name) \_\_\_\_\_

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 \_\_\_\_\_

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Thu - 10-7:30  
Sun - 1-5

