



GVH Athlete Profile

Athletes Name: _____ Today's Date _____

Athletes Date of Birth _____ Age today: _____

Address

Street _____ Home Phone _____

State _____ Zip _____ Cell _____

Work Phone _____ Email address: _____

Height _____ Weight _____

Education _____

Employer _____ Title _____

Work Phone _____

Personal bests/date and current estimated times: Place an asterisk (*) next to your top 1-5 athletic accomplishments.

Event	Best Time	Year	Race if known	Current Goal
200m	_____	_____	_____	_____
800m	_____	_____	_____	_____
1500m	_____	_____	_____	_____
Mile	_____	_____	_____	_____
3 K	_____	_____	_____	_____
2 Mile	_____	_____	_____	_____
5 K	_____	_____	_____	_____
10 K	_____	_____	_____	_____
15 K	_____	_____	_____	_____
1/2 marathon	_____	_____	_____	_____
Marathon	_____	_____	_____	_____
Other	_____	_____	_____	_____

Label file with your name and return Athlete Profile to:

Mike Reif, Coach

Innovative Edge Sports

65 Steele Road,

Victor, NY 14564

coachmr@rochester.rr.com

Athlete Profile

This Years Running Goals _____

Long Term Running Goals

Favorite Workouts

Your Strengths

Your Weaknesses – what do you need help with?

Races you want to focus on in the next year

Questions you have, if any?

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