

Registration Form for Big Island Running Company's 2023 Couch-to-5K Training Program

The Couch-to-5K Training program will start on January 3, 2023 and finish with the completion of the Run For Hops on Saturday, March 11, 2023 in Kona (starting and finishing at BMW in Old Industrial). Participation in the program will entail three runs per week, which can be completed at the Big Island Running Company's group runs (Tuesday and Thursday at 5:00 p.m.) and/or individually.

We would like to collect the following information to allow us to get to know you better and understand your abilities and goals. The Couch-to-5K Training Program anticipates that you have not been running at all prior to starting the program, so please don't be concerned if your answers to some of the below questions are "none." If you have any questions about your health or ability to participate in this program, please consult with your physician prior to registering. Obviously, running is strenuous physical activity, and it can be a challenge to train in our tropical climate.

Name:		Date of Birth:
Phone:	Email:	
Address:		
Emergency Contact:		
How many days per week are you currently running/walking?		
How many miles per week are you currently running/walking?		
Besides running, do you regularly participate in other forms of exercise (e.g., swimming, biking, paddling)? If so, how often?		

What is the longest race that you have ever completed (e.g., none, 5k, 10k, half marathon, marathon...)?

Is there anything else we should know about your running/athletic background?

What are your goals for this program (e.g., just to finish the race, to run my best time ever, etc.)?