



Mail to:
Newsletter Editor
207 North Nevada Avenue
Colorado Springs, CO 80903

Date: Name: Age: Job: Phone #:

What race did you run? Distance? When and time of day?

What made you choose this race?

How did you find out about this event?

Adventures getting to the race:

How did you get there and who went with you?

What was the course like?

What did you forget, but wished that you had with you?

What are your good luck and pre race rituals?

Highlights of the race?

What did you eat for breakfast on race day?

Goal(s) for this race and did you achieve?

How many times did you say "Thank You" to the volunteers?

After race events and other events on race day:

Mishaps during these adventures?

What is your favorite running outfit (color, brands...)?

If out of town, where did you stay?

Would you recommend this event to others and why?

Places to visit before or after the race:

Training tips to share:

Future running adventures planned:

What is your dream race ... your some day event?