



St. Mary Magdalene Catholic Church

Athletics Ministry

Attach payment and return/mail/fax/email to:

St. Mary Magdalene Catholic Church
2252 Woodruff Rd., Simpsonville, SC 29681
Office: (864) 288-4884
Fax: (864) 297-5804
athletics@smmcc.org

RUNNING CLUB REGISTRATION

Registration Fees

- Parishioner.....\$30

A \$5 discount may be applied to each additional family member's Registration Fee.

APPLICATIONS WILL NOT BE PROCESSED WITHOUT RECEIPT OF CORRECT PAYMENT

Family Contact Information

Parish Envelope No. _____	Home Phone _____
Mailing Address _____	
Mother's Name _____	Father's Name _____
Cell Phone _____	Cell Phone _____
Business Phone _____	Business Phone _____
Email _____	Email _____

Runner Information

Runner's Name _____

Birth Date _____

During the last three months, how often did you walk/run consistently each week?

___ <1 times ___ 2-3 times ___ 4-5 times ___ 6-7 times

During the last three months, approximately how long were your walks or runs?

___ <15 minutes ___ 16-20 minutes ___ 21-30 minutes ___ >30 minutes

On a scale of 0-10, zero being a slower pace (more than 20 minutes per mile) and 10 being a faster pace (less than 8 minutes per mile), how would you rate your walking or running speed?

___ 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

What are you mostly interested in?

___ 3K ___ 5K ___ 8K ___ 10K ___ Half-Marathon ___ Marathon ___ Obstacle Course

Jersey Size (circle)

YS YM YL S M L XL XXL XXXL

Please list all allergies, medical conditions, injuries or any additional information:

Runner Information

Runner's Name _____

Birth Date _____

During the last three months, how often did you walk/run consistently each week?

___ <1 times ___ 2-3 times ___ 4-5 times ___ 6-7 times

During the last three months, approximately how long were your walks or runs?

___ <15 minutes ___ 16-20 minutes ___ 21-30 minutes ___ >30 minutes

On a scale of 0-10, zero being a slower pace (more than 20 minutes per mile) and 10 being a faster pace (less than 8 minutes per mile), how would you rate your walking or running speed?

___ 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

What are you mostly interested in?

___ 3K ___ 5K ___ 8K ___ 10K ___ Half-Marathon ___ Marathon ___ Obstacle Course

Jersey Size (circle)

YS YM YL S M L XL XXL XXXL

Please list all allergies, medical conditions, injuries or any additional information:

Runner Information

Runner's Name _____

Birth Date _____

During the last three months, how often did you walk/run consistently each week?

___ <1 times ___ 2-3 times ___ 4-5 times ___ 6-7 times

During the last three months, approximately how long were your walks or runs?

___ <15 minutes ___ 16-20 minutes ___ 21-30 minutes ___ >30 minutes

On a scale of 0-10, zero being a slower pace (more than 20 minutes per mile) and 10 being a faster pace (less than 8 minutes per mile), how would you rate your walking or running speed?

___ 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

What are you mostly interested in?

___ 3K ___ 5K ___ 8K ___ 10K ___ Half-Marathon ___ Marathon ___ Obstacle Course

Jersey Size (circle)

YS YM YL S M L XL XXL XXXL

Please list all allergies, medical conditions, injuries or any additional information:

WAIT! YOU'RE NOT DONE YET!

You must also complete the Parental/Guardian Consent Form and Liability. Download the form under the "Registration" tab at www.smmccsports.org, or pick up a copy at the church office.