

The UVa Urology Department
and
The Ragged Mountain Running Shop
present
The 2007
Men's Four Miler
Training Program
Questionnaire

1. Are you currently exercising?
2. If so, then what is your current exercising regimen, including # of days/week you currently regularly exercise?
3. Have you ever run on a regular basis?
4. If so, then when was the last time you ran on a regular basis?
5. Have you had any ailments or injury setbacks that have prevented you from exercising? If so, then what and when were they?
6. Any health concerns we need to know about?
7. Are you overweight? If so, then how much are you overweight?
8. What are your exercise goals, both short and long term?
9. Anything else (please feel free to use the other side of this page)?

Name (please print) _____ age _____
Phone # _____ E-Mail address _____

Please carefully fill out the entire questionnaire and include a **\$15 donation payment** (checks are made out to: UVa Urology). You may drop off the questionnaire and payment at Ragged Mountain or mail it to : #3 Elliewood Avenue, Charlottesville, Virginia 22903