

# CHAOS THEORY RUNNING NEW ATHLETE APPLICATION



First Name:

Last Name:

First Name:

Last Name:

Chaos Theory Running Membership Number:

Thank you for your interest in Chaos Theory Running! Our goal is to get you to your finish line, whatever that means to you.

In order for Chaos Theory Running to provide you with the best possible journey towards your finish line we just need a bit of information from you.

The information that you provide will always be kept strictly confidential and is only utilized by our coaches to establish our relationship and better serve your needs\*

We're not here to judge, be honest and don't feel like there anything is "Too Much Information".

If you're not sure about an answer that's OK, we can always circle back and another time. (Note: the majority of the questions do require a response, so don't know" if you are unsure of an answer.) If you should have any questions feel free to reach out to Coach Miller at [chaostheoryrunning@gmail.com](mailto:chaostheoryrunning@gmail.com)

Privacy Disclaimer:

\* You will have privacy options that will allow you to consent or prohibit the use of your specific information for various research, study, and/or marketing uses. The privacy options are included in the New Athlete Forms which will be provided after the acceptance of this application. ALL INFORMATION WILL BE CONSIDERED STRICTLY CONFIDENTIAL UNTIL SUCH TIME AS A RELEASE HAS BEEN SIGNED. If for any reason your application is not accepted, all personally identifiable information will be deleted.

Organization Disclaimer:

Chaos Theory Holdings, Inc. dba Chaos Theory Running is a privately held Illinois corporation. All agreements, arrangements, contracts, and the like entered with Chaos Theory Running, its owners, officers, board members, employees, agents, or assignees shall be understood to be engaged with Chaos Theory Holdings, Inc. as a corporate entity and shall specifically exclude the personal obligation of Chaos Theory Holdings, Inc. owners, officers, board members, employees, agents, or assignees.

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## Personal Information, History, & Goals

Now that we've gotten all of that out of the way it is time to start building your athlete profile. The information collected below will help us understand where you're at, where you want to go, and how we can help to get you there. No need to "fluff" the information, you've already been accepted into the team! The more accurate of a profile that we can put together will only help us help you along the journey ahead.

Full Name: \_\_\_\_\_

Nickname: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone (mobile): \_\_\_\_\_

Phone (home): \_\_\_\_\_

Gender: \_\_\_\_\_ Birthday: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Have you ever participated in an athletic training program or worked with a professional coach? If yes, please provide the program / coach name and the dates of participation.

\_\_\_\_\_

\_\_\_\_\_

Do you currently participate in fitness activities or regularly workout (both running and non-running activities)? If yes, please briefly describe the types of activities and how often you participate/workout.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your running goal?

- Start running for fitness or enjoyment
- Complete first 5K / 8K / 10K race
- Complete first half-marathon
- Complete first marathon
- Improve pace / race time (PR / PB)
- Meet specific time goal (BQ / OTTQS)
- Improve stamina for distance / active time (Ultra distances / Multi-sport)

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## Personal Information, History, & Goals Cont.

What is your current running status?

None: (I haven't moved faster than a walk since high school)

Novice Beginner: (I regularly run no more than 15-miles in a week, might have completed a run/walk 5K in the past)

Novice Runner: (I have regularly run between 15-miles and 25-miles per week for the last two-years, might have completed 5K / 10K / Half-marathon races in the past two-years)

Experienced Runner: (I have regularly run between 15-miles and 40-miles per week for the last two-years, have completed 5K / 10K / Half-marathon time trials or races in the last year)

Experienced Marathoner: (I have regularly run between 20-miles and 40+ miles per week for the last two-years, have completed a marathon in the last two-years and have completed 5K / 10K / Half-marathon trials or races in the last year)

Competitive Runner: (I typically run 30+ miles per week, start in the first/elite corral, actively compete for win/podium finish spots)

Ultra / Trail / Multi-sport Athlete: (I'm just generally crazy and run / bike / swim as much as possible)

Do you have any future running events scheduled? If so please provide the event info below.

Event: \_\_\_\_\_  
Location: \_\_\_\_\_  
Date: \_\_\_\_\_  
Distance: \_\_\_\_\_  
Goal Time: \_\_\_\_\_

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Location: \_\_\_\_\_  
Date: \_\_\_\_\_  
Distance: \_\_\_\_\_  
Goal Time: \_\_\_\_\_

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## Health Information

Let us know about your current state of health and any issues that you may have. No, we are NOT doctors, but we need to know if there are any special considerations that need to be taken into account before beginning a coaching or training program.

Chaos Theory Running STRONGLY encourages all of our athletes to review their personal health/medical condition with a physician. Running, as with all sports, can result in injury, especially if there are preexisting or underlying medical concerns. Each athlete is solely responsible for their own health and should consult a physician knowledgeable about sports medicine prior to beginning any activity.

Do you currently take any medications regularly or do you require any medications in emergency situations (i.e. insulin for blood sugar, epinephrin for allergic reactions, heart medication, etc.)? If yes, please provide the medication and dosage information.

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Do you currently have any medical conditions or known allergies? If yes, please provide a brief description.

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Do you consider yourself to be at a high health risk due to chronic illness or injury or are you aware of a family history of chronic disease that would be considered high risk? If yes, please provide a brief description.

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Are you currently or have you recently been injured? If yes, please describe the injury, the date of the initial injury, any treatment/recovery plan information, and the current state of the injury.

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In general, how would you describe your current state of health and fitness?

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## Tech & Social

Do you use any run tracking apps? (Strava / Final Surge / Garmin Connect / etc.) If so please identify app and handle below.

Strava: \_\_\_\_\_  
Final Surge: \_\_\_\_\_  
Garmin Connect: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are your social media handles (if you wish to connect)?

Facebook: \_\_\_\_\_  
Instagram: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## All About You

This is a free form section where you can tell us about yourself, your goals, your philosophy, or anything else that you might want to share.

# CHAOS THEORY RUNNING NEW ATHLETE APPLICATION

Thank you for taking the time to fill out the New Athlete Application form. Once we have reviewed the information we will let you know if we believe that our coaches might be the right fit to guide you in your running journey. If you ever have any questions or would like other referrals we are always here to help. The opportunity to help runners of all levels achieve their goals as well as to promote and elevate the sport are always at the forefront of what we do and what we believe in.

Stay active, stay happy:

Coach Miller  
CRO | Head Coach