

Health History Questionnaire (print)

Name: _____ Date: _____
 (last) (first) (m.i.)

Address: _____ City: _____ Zip: _____

Home Ph: _____ Cell Ph: _____ Date of Birth: _____ Sex: _____

Occupation: _____ E-mail: _____

General Medical History

Any major illnesses (past or present)? _____

Taking any medications? _____

Present weight: _____ Height: _____ Are you overweight? _____ How much? _____

Smoke now? _____ Packs per day: _____

Smoke past? _____ Packs per day: _____ Date stopped: _____

Personal History

	when	treatment
Heart attack/heart surgery.....	_____	_____
Stroke.....	_____	_____
High blood pressure.....	_____	_____
Chest discomfort.....	_____	_____
Dizziness or fainting.....	_____	_____
Lung disease.....	_____	_____
Diabetes.....	_____	_____
Muscle, Bone, Joint injury.....	_____	_____

Present exercise routine: (running, walking or other aerobic exercise..... Write type, distance and time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____	_____	_____	_____	_____	_____	_____

Any other regular exercise: _____

How long have you been a runner? _____ Fastest race ever run(distance, time, date): _____

Longest race you have ever run: _____ Finishing time: _____ Date: _____

Average weekly mileage over the last 6 months: _____ Longest run in last 6 months: _____

Goals: "My purpose for participating in Team A.S.K. Marathoning is: training, fundraising, weight loss, etc."

TEAM ASK Fundraising Commitment

The Team ASK marathon and half-marathon program is designed with two goals in mind. Get you through a 26.2-mile or 13.1-mile event with as much enjoyment and success as possible and to raise friends and funds for Special Kids. The funds raised through this program will go toward your training and toward the skilled-nursing program at Special Kids. We want you to be successful at both of these goals and we will provide coaching to help you reach both of your goals.

For the Country Music Marathon and Half Marathon, the minimum fundraising goal is **\$750**.

You will receive coaching, monthly training schedules, weekly team runs, monthly team information, t-shirt, race singlet, ASK marathon and half-marathon training materials, marathon and half-marathon entry, pre- and post-race celebration benefits.

Dates for fundraising minimums are as follows:

\$ 50.00 registration fee (this goes towards your goal)

\$ 250.00 by February 1, 2008

\$ 500.00 by March 1, 2008

\$750 by April 1, 2008

If you do not raise these amounts by these dates, we will call you to discuss your status as a team member with the ASK marathon and half-marathon team. If at that time you feel you can not uphold your fundraising commitment, you will need to drop off the team at that time.

I have read the above statement and I understand my fundraising commitment. I commit to raising \$750 for Special Kids as described above.

TEAM ASK Informed Consent

I desire to engage voluntarily in the Athletes for Special Kids (Team ASK.) marathon training program.

I understand I will be participating in this event at my own request and at my own risk. I understand activities of this nature have inherent risks. I understand the reaction of the cardiovascular system to such activities cannot be predicted with complete accuracy. I understand there is a risk of certain changes occurring during or following exercise. These changes include, but are not limited to, abnormalities of the blood pressure, fainting, disorders of the heartbeat, and in very rare instances, "heart attack" (cardiac arrest) and death.

In consideration of being permitted to participate in this event, I, on behalf of myself, my successors in interest, heirs, assigns and representatives, hereby fully release and agree to hold harmless Special Kids, its officers, agents, staff, faculty, board members and any others connected therewith from all claims whatsoever that the undersigned or his representative may have arising from, or incident to participation in this program.

I have read, or have been read, the foregoing and understand it. Any questions that have arisen or occurred to me have been answered to my satisfaction.

Name (please print): _____

Signature: _____ Date: _____