

## **Runners Profile Questions**

In each edition of Footnotes we like to include a couple of runners profiles – it gives us all a chance to get to know fellow members a little better. Answer any or all of the questions, feel free to add any questions you would like to have been asked (preferably with your answer too!) then email along with any photos to [footnotes@greatwesternrunners.org.uk](mailto:footnotes@greatwesternrunners.org.uk)

***How long have you been running?***

***How long have you been a GWR member?***

***What made you take up running?***

***What's your favourite race?***

***Favourite race distance?***

***How many times a week do you run?***

***What other training do you do?***

***What's the one thing you wish you'd known when you started running?***

***Do you have a race day routine?***

***How do you cope if you can't run?***

***Best running moment?***

***Favourite pre-race meal?***

***Favourite kit brands?***

***What's your running goal for the next 12 months?***

***What's your favourite training run?***

***Do you run with music?***

***If so what's your favourite running track?***

....add your own questions here !