



Presents...



The 2012 Sole Sisters 10k Program

This is Your Cyber Registration Form

Are you wanting to be a member of the *Sole Sisters Walk/Run Clinic* for Women but unable to make it Tuesday evening? Now you can regardless of where you live! Our Cyber Sister Roster is made up of women who are past members of the clinic but no longer live in Victoria, women of 'sisters' in Victoria that want to participate but live in other parts of the world (!) and women in the Greater Victoria area that simply cannot make it in physical presence due to schedule conflicts.

Becoming a Cyber Sister is a great option. As a Cyber Sister you will receive:

The NEW 2012 *Sole Sisters* Manual, bookmark and program to follow, the *Sole Sisters* long sleeved technical run shirt OR short sleeve technical run shirt, all *Sole Sisters* emails and coaching tips PLUS you are invited to attend any of the special guest speaker nights (1-2 per session) which will be posted to you via email. You are also encouraged to and invited to participate in any walk/run events and sign yourself up as a **SOLE SISTER!**

YES, lastly, you are given the rights to call yourself a *Sole Sister!*

Name: _____

Address including postal code: _____

Phone Numbers: _____

Email Address: _____ Shirt Size: _____

Basic Registration Fee: \$75 + HST

Includes all items and information as noted above. If I am mailing your *Sole Sister* package to you, the shipping and handling fee will be added ~ Thank you.

Basic Cyber Sister Registration Fee: \$75

Shipping & handling if necessary: \$15

Total \$ _____ + HST (12%) = \$ _____ CASH or CHQ (please circle)

Please make cheques payable to SOLE SISTERS VICTORIA.

How do I submit my registration?

You can mail or drop off your complete registration package to:

1040 Tulip Avenue, Victoria, B.C., V8Z 2P9, CANADA. Your registration should include:

- Your official registration form
- Your completed and signed PAR Q form found at http://www.bcrpa.bc.ca/forms_publications/documents/PAR-QForm2002.pdf
- Your payment

Check out our website at www.solesistersvictoria.ca for updated information regarding homework groups, special events, weekly updates, the program (under password which you will receive as a registered Cyber Sister) and...if you are wanting to look like a Sole Sister more often... check out the Sole Sister Swag!

Thank you for committing to becoming a Sole Sister...Enjoy every step of this experience ~ each one taking you to a place of overall greater wellness. From Sole to Soul, ~ Mena

** For statistical purposes ONLY... I would love for you to complete the following section BUT it is at your own will that you do so. All personal answers are kept confidential.

1. I am a member of the 2011 Sole Sisters via: (please circle)

The Tuesday night Clinic in Victoria

I am a Cyber Sister

2. Please circle the age group that you fall into:

16-19 year 20-24 years 25-29 years 30-34 years 35-39 years 40-44 years

45-49 years 50-54 years 55-59 years 60-64 years 65-69 year 70-74 years 75 yrs+

3. Please 'rate' your current level of fitness:

VERY ACTIVE

ACTIVE

SOMETIMES ACTIVE

INACTIVE

If you have said you are active at any level, how many times a week do you exercise, for how long and in what activities do you recreate?

4. Please 'rate' your current level of happiness:

Always happy

Usually happy

Sometimes Happy

Rarely Happy

5. Please rate your personal satisfaction with your personal fitness level:

Very Satisfied

Satisfied

Sometimes Satisfied

Not Satisfied

Specifically in regards to the 10k distance... what is your goal? Please check as many of the following that apply to you.

I want to walk the 10K _____

I want to run/walk the 10K _____

I want to run the 10K _____

My current PB (personal best) time is _____ and I want to try to complete the distance in _____ minutes.

I want to improve my overall health and fitness level _____

I want to meet new friends and participate in a healthy activity _____

Any other reason why you want to be a *Sole Sister*? _____

Thank you for your time! Enjoy YOUR Sole Sister experience!

www.solesistersvictoria.ca