



Proudly Presents...



# The OFFICIAL Sole Sisters 2012 Registration Form

Your Name: \_\_\_\_\_

Address including postal code: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Email Address – necessary for communicating! You may add multiple email addresses... however please print VERY clearly... thank you! \_\_\_\_\_

In case of emergency please contact:

Name: \_\_\_\_\_ Phone numbers: \_\_\_\_\_

### Your Clinic Shirt – please choose your preference of shirt and your shirt size:

- Short Sleeve Technical ‘T’ run shirt: Size: \_\_\_\_\_ OR a
- Long Sleeve Technical run shirt (yes this is the same from 2011 and sizes are limited... I will accommodate in order of registration until we are out of the 2011 shirts – please note they do fit small. Size yourself up 1-2 sizes for comfort): Size: \_\_\_\_\_

**Basic Registration Fee:** \$115 + HST

Includes your 10k program, the official Sole Sisters walk/run log book & manual, your clinic shirt, amazing camaraderie and lots of perks along the way!

### Referral Perk:

Did you refer a *new* ‘Sister’? Please list the name(s) on the lines below of ‘sisters’ that you have recruited into this program. \$5 will be deducted for the first three names and with the 4<sup>th</sup> name you will also receive a pair of the INFAMOUS Sole Sisters socks! Thank you!

\_\_\_\_\_ (\$5)

\_\_\_\_\_ (\$5)

\_\_\_\_\_ (\$5)

\_\_\_\_\_ Sole Sister Socks for YOU!

Clinic Registration Fee: \$115

(Referral discounts): (\$\_\_\_\_\_)

**TOTAL OWING:** \$\_\_\_\_\_ + 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 to me your complete registration package to:  
1040 Tulip Avenue, Victoria, B.C., V8Z 2P9. Your registration should include:

- Your official registration form
- Your completed and signed PAR Q form
- Your payment

Registration will be limited. Due to safety reasons, I do not encourage late registrations into the clinic. Please do your best to have your registration to me by January 17<sup>th</sup> so we can be best prepared for you! Thank you! Sole Sisters 2012 begins Tuesday, January 24<sup>th</sup>!

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\*\* 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. 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+

### 2. 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?

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### 3. Please 'rate' your current level of happiness:

Always happy    Usually happy    Sometimes Happy    Rarely Happy

### 4. 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 are here? \_\_\_\_\_

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*Thank you for your time! Enjoy YOUR clinic!*

[www.solesistersvictoria.ca](http://www.solesistersvictoria.ca)