

## Achilles Ottawa Guide Information Form

Thank you for your support of our Achilles Ottawa athletes as a guide runner. Your help is enabling runners who are blind or visually impaired to train, compete and reach for their potential as runners and as individuals. Please take a moment to tell us a little more about yourself in order that we can match you with the most appropriate athlete based on your availability, preferred training and racing distances, and the area of town that you live in.

Name (first, last):

Gender and age:

Area of town:

Phone number:

Email:

Emergency contact (name, relationship and phone number)

How much guide experience do you have? How many years? How many races

Preferred race distances (e.g. 5 km, 10 km, half marathon, marathon, other)

Personal best time for preferred race distance:

Preferred training pace:

Availability to assist with training as a guide. What days/times are you available and how often can you train as a guide (e.g., one to two times a week, one to two times a month, etc)

Thank you again for your support and please don't hesitate to contact us with any questions or for further information.