

**Coach.Runner, the partner of your training :**  
**for tailored and personalized planning**  
<http://coachrunner.fr>

**Registration Bulletin – Single rate 10 €**

<b>Name</b>		<b>First name</b>	
<b>Sex</b>	<input type="checkbox"/> Man <input type="checkbox"/> Wom	<b>Birth date</b>	
<b>Adress</b>			
<b>Town</b>			
<b>Mail.</b>			

<b>Race date</b>		<b>Envisaged Distance</b>	<input type="checkbox"/> 10km <input type="checkbox"/> ½ marathon <input type="checkbox"/> Marathon <input type="checkbox"/> other :	<input type="checkbox"/> Trail 20 à 30km <input type="checkbox"/> Trail 40 à 50km <input type="checkbox"/> Trail 60 à 70km <input type="checkbox"/> other :
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<b>Aérobic Maximal Speed (AMS or VMA in french)</b>		<b>Or envisaged performance on road</b>	<input type="checkbox"/> 10km : <input type="checkbox"/> ½ marathon : <input type="checkbox"/> Marathon : <input type="checkbox"/> autres :
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**Envisaged preparation**

<b>Nombre de séances possible par semaine</b>	<input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6	<b>Nb of weeks of préparation before the race</b>	<input type="checkbox"/> 8 <input type="checkbox"/> 12 <input type="checkbox"/> 16 <input type="checkbox"/> 20 (Trail 60/70km only)
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**Enclosed the sum of 10 € to the order of Philippe Lavielle**  
**84, rue de l’Eglise – 69480 Marcy/Anse - FRANCE**  
**Accompagnied by an envelope stamped at your adres**  
**(or a valid and legible email adress)**

Mark your choice