

# QUARTERLY CERTIFICATION FORM

## 2008 RUNNING & RACING CONTEST FOR USRSA MEMBERS

Name \_\_\_\_\_ Membership Number \_\_\_\_\_

Address \_\_\_\_\_ Gender \_\_\_\_\_

Telephone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Quarter Certifying (circle one) – 1<sup>st</sup> Quarter (January 1, 2008 through March 31, 2008

2<sup>nd</sup> Quarter (April 1, 2008 through June 30, 2008

3<sup>rd</sup> Quarter (July 1, 2008 through September 30, 2008

4<sup>th</sup> Quarter (October 1, 2008 through December 31, 2008

### Running Participants:

Most Streak Miles Run in One Day – \_\_\_\_\_ miles

Most Streak Miles Run in One Week – \_\_\_\_\_ miles

Most Streak Miles Run in One Month – \_\_\_\_\_ miles

Most Streak Miles Run in One Year – \_\_\_\_\_ miles

### Racing Participants:

Fastest Mile Race run during 2008 – \_\_\_\_\_ time

Fastest 5K Race run during 2008 - \_\_\_\_\_ time

Fastest 10K Race run during 2008 - \_\_\_\_\_ time

Fastest Marathon Race run during 2008 - \_\_\_\_\_ time

You need only fill in your own category to compete for an award. You may compete in more than one category, or all if you wish.