



TriesteRunningTour
a **Benessere ASDC**
project

REGISTRATION FORM

* obligatory data

first name*: _____

last name*: _____

hotel in Trieste*: _____

address: _____

phone number*: _____

e-mail: _____

date requested*: ____/____/____

hours requested*: _____

age*: _____

sex*: _____

TO GIVE YOU THE BEST SERVICE PLEASE ANSWER THESE QUESTIONS

(underline your answer)

1) physical training – fitness level:

- ☐ I'm a non runner
- ☐ occasional runner
- ☐ regular runner
- ☐ competitive level runner

2) training routine:

- ☐ almost every day
- ☐ about twice a week
- ☐ not often
- ☐ never

3) chosen tour:

- ☐ easy city
- ☐ medium city 1
- ☐ medium city 2
- ☐ hard city

4) chosen language: (depending on trainer available)

- ☐ Italian
- ☐ English
- ☐ German
- ☐ Spanish

send to: triesterunning@gmail.com

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