

## Appendix C - April Challenge Questionnaire Template

### 2016 AO Brand Ambassador What the (blank)?

1. The weirdest instruction a coach/official has ever given me is ...  
*"Run like your holding a chip"*
2. My favorite competition/venue to compete/coach/officiate at is ...  
*My favourite i most memorable running event would have to be OFSAA (even though it was 10 years ago.) haha*
3. One thing I never mess with in my pre-competition routine is ...  
*Never mess with what shoes your racing in, nutrition / pre race meals and any race gear. could lead*
4. The best advice I can give to an athlete/coach/official starting out is ...  
*to disaster. haha. Be patient, follow a training plan and listen to your body. ☺ it will pay off!*
5. Worst injury I incurred competing/coaching/officiating would be...  
*stress fracture in my sesamoid bone! stuck wearing "the boot" for weeks.*
6. If I weren't involved in Athletics, I would be ...  
*if i wasnt involved in athletics, i would pursue music. i love playing the guitar, piano and flute when*
7. Song(s) I listen to prior to a practice/competition ...  
*i have spare time. The pretender - by the Foo Fighters.*
8. In the box below, draw a self-portrait ...

