

## 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 ...  
I was asked to run with a spoon in my left hand and pretend I was stabbing the athlete in front in the butt. I still have the spoon!
2. My favorite competition/venue to compete/coach/officiate at is ...  
Boston marathon. Gives me goosebumps.
3. One thing I never mess with in my pre-competition routine is ...  
Making sure I visit the bathroom... again!
4. The best advice I can give to an athlete/coach/official starting out is ...  
Believe in yourself. You're capable of more than you think.
5. Worst injury I incurred competing/coaching/officiating would be...  
I ran the NYC marathon missing a front tooth. It broke off in a VERY chewy Powerbar minutes before the start.
6. If I weren't involved in Athletics, I would be ...  
Thoroughly miserable
7. Song(s) I listen to prior to a practice/competition ...  
'til I collapse - Eminem
8. In the box below, draw a self-portrait ...

