

**DECAMANUSA
ATHLETE QUESTIONNAIRE
Email/Scan back to tricfp@gmail.com**

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____

1. Brief Historic Racing Background – include how many years competing, specific signature ultra races – can be in any of the three sport disciplines.

2. Have you finished a Quintuple or DECA Iron? If so, include the date and race name (verification required, see below question 4).

3. How Many Multi-Day Races (36 hours+) have You Finished (only finishes, not races you started and DNF'd) in last 3 years? List the name and date of the race.

4. Race Verification: List 3 Ultra Race Results & Date with a link to your results (preferable). You can scan a print out of race results as well.