

Annual memberships are from Jan 1 to Dec 31. Signups accepted as early as Sept 1 the year before. Questions? Gene Wee, runlawrence@gmail.com

Single Membership \$20	Family Membership \$	
Address		
City, St, Zip		
Phone	Date of Birth/_	/
Email		Sex: M
Additional family members:		
Name	Date of Birth	Sex
		M F
		M F
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		M F

- encouraging a healthy lifestyle for all through running
- 20% shoe discounts at Ad Astra Running
- 15% discounts at Garry Gribble's Running Sports
- · helping new runners with advice and guidance
- promoting camaraderie among runners who have been running for some time but who want a group of compatible training partners
- collaborating with other local running groups to encourage a wide range of running opportunities
- advancing the goals of competitive racers
- local running news at: www.runlawrence.org

please sign waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, runLawrence and all sponsors, their representatives and successors from all claims or liabilities of any kind of arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature	
Parent's signature if under 18	
	Date