



runLawrence is a local 501(c)(3) non-profit group dedicated to promoting safe, enjoyable, and family-friendly running in and around the Lawrence community.

Our club goals:

- Providing information on all local running groups and opportunities
- Encouraging a healthy lifestyle through running
- Helping runners of all ages and training levels with advice and guidance
- Meeting others with similar goals in our sport



MEMBERSHIP BENEFITS include:

- member discounts at the Ad Astra Running Store and River Rat Print & Skate
- club web page with news, race calendar, and results
- opportunities to participate in quality local races and fun runs as a participant and/or volunteer
- special events such as an annual picnic and special holiday running events
- opportunities for car-pooling and group travel to regional and national events
- membership to the Road Runners Club of America

Membership Application

Annual memberships are from Jan 1 to Dec 31. Signups accepted as early as Sept 1 for the following year. Or sign up on-line: <https://runsignup.com/Club/KS/Lawrence/runLawrence>

___ Single Membership \$20 ___ Family Membership \$25 Amount Enclosed: _____

Name _____ Date of Birth ____/____/____

Address _____ Sex: M F

City, St, Zip _____

Phone _____ Email _____

Additional family members:

Name	Date of Birth	Sex
_____	____/____/____	M F
_____	____/____/____	M F
_____	____/____/____	M F

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 _____

Make check payable and mail to: runLawrence, 2223 Westchester, Lawrence, KS 66049 Questions? runlawrence@gmail.com