



Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen.

Club Benefits

You will receive SPLITIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. First time members get a club t-shirt with the Utica Roadrunners logo. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. After that, each 1000 mile year will be awarded with a mileage chevron. Members get a discounted entry fee into club races and free entry in the Development Runs.

Annual dues are \$10 for a student under 20, \$18 for an individual, \$23 for a couple and \$28 for a family. Mail the completed form and check to:

Utica Roadrunners, P. O. Box 4141, Utica, NY 13504

Questions: Jim Moragne at 894-5402 or mailto:jmoragn1@twcny.rr.com

2010 Membership Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____
Mailing Address: _____

Home Phone: _____ Business Phone: _____ DOB: _____
E-mail address: _____

T-shirt Size (new members) ___ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees: Public Relations Membership Training Newsletter Merchandise Race Volunteer Board of Directors Social Development Runs

Signature _____ Date _____
(parent or guardian if under 18)

Additional (Couple or Family) Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____
DOB: _____ E-mail address: _____

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Club Membership Application Waiver (applies to all persons signing this form)

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, all 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, the Utica Roadrunners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind 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.