



2008 Membership Application

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 fifty 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.

Group Runs

We get together every Thursday night to run as a group all year long. In the winter we run from The Fitness Mill where showers are provided. Afterwards, we get together with friends for food and drink.

In the summer we run from a member's home each week. The host provides a route, showers and a delicious meal. Those who eat contribute a set fee to cover the cost of the food and drink.

In the winter we also have Sunday Morning Breakfast Runs. In these informal runs the host provides a route, showers and coffee while the participants bring a breakfast item to pass. These items range from muffins and bagels to breads and quiche.

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. You also get discounts at various local sports and health stores.

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.

Last Name (Please Print) First Name Home Phone

Mailing Address -- Street

City State Zip Code e-mail address

Club Membership Application 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, 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.

Signature Signature of parent or guardian if under 18 Date

Birth date Business Phone T-shirt Size

I would be interested in participating on the following committees: (Please check 2 or more)

- Public Relations Membership Newsletter Merchandise Race Volunteer Training Board of Directors Social Parkway Development Runs House Runs Breakfast Runs

ADDITIONAL MEMBERS

Full Name - Please Print Signature Date

Birth date Business Phone T-shirt Size

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I would be interested in donating to the Distance Running Hall of Fame (This is tax deductible donation and you can add it to your membership check) \$1.00 \$5.00 \$10.00 \$20.00 Other \$ _____

Membership Dues (2008)

- \$25 Individual \$30 Couple at same address \$35 Family of three or more

Send with payment to:

Utica Roadrunners Membership * PO Box 4141 * Utica, New York 13504