



Salisbury Rowan Runners
PO BOX 1825, SALISBURY, NC 28145-1825
www.salisburyrowanrunners.org

We invite you to join Salisbury Rowan Runners. It is the Club's purpose to promote running and/or walking as means of achieving physical and mental fitness; to provide support, encouragement and fellowship through individual, family, and community involvement in running related events; to inform the public on the benefits of running/walking and to participate in community service activities. Our membership offers years of experience, advice, encouragement, information and friendship. Additional Club benefits include club T-shirt, monthly newsletter, summer socials, and club fun runs. Running Journal at a discounted price, a 10% discount at Phidippides, Concord Mall, innovative discounts at Vac and Dash in Albemarle, annual Christmas party and year-end awards banquet and much, much more. In addition, the Club originated and continues to direct/coordinate the successful annual Winter Flight 8K. To join, please complete the form below and return with your dues to the address above. Checks should be made payable to Salisbury Rowan Runners.

Please complete a separate application form for each household member joining. Check if new or renewing member.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE (H) _____ (W) _____

E-MAIL ADDRESS _____

DATE OF BIRTH _____ AGE _____ OCCUPATION _____

BEGINNING RUNNERS TRAINING CLASS (\$65) _____

MEMBERSHIP DUES*: INDIVIDUAL (\$30) _____ FAMILY MEMBERSHIP (\$45) _____

Mileage Clubs**: 500 MILE (\$12) ___ 750 MILE (\$12) ___ 1,000 MILE (\$12) ___ 1,500 MILE (\$12) ___ 2,000 MILE (\$12) ___

TOTAL AMOUNT REMITTED _____ NEW MEMBERSHIP _____ RENEWAL _____

Newsletter Delivery Method - Circle One: Email or US Mail

*If you worked a race in the previous year the fee is \$20 **Mileage clubs run from January-December. Mileage accumulation begins the month you pay your fee. Once your initial fee is paid, you may join a higher mileage club at any time before August 1st and count miles already accumulated. Visit www.SalisburyRowanRunners.org and click "Membership" for more information.

THE FOLLOWING WAIVER MUST BE SIGNED BY ALL MEMBERS. PARENT OR GUARDIAN MUST SIGN FOR MINOR CHILDREN.

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 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 weather, including extreme heat and humidity, the condition 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 Salisbury Rowan Runners, Inc., 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: _____ DATE: _____