



Elm City Track Club
 25 Rockwood Rd. Keene, NH 03431
 Email: ekress@sau29.org
<http://www.elmcitytc.blogspot.com>

Annual Membership Application

First Name (please print legibly)			Last Name		
Mailing Address			City	State	Zip Code
Birth Date	Age	Home Phone	Cell Phone		
Email Address				Sex <input type="checkbox"/> M <input type="checkbox"/> F	

ADDITIONAL FAMILY MEMBERS

Name	Birth Date	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Name	Birth Date	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Name	Birth Date	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F
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BENEFITS OF MEMBERSHIP

- Weekly fun runs (summer)
- Sunday long runs (marathon preparation)
- Fitness training plans for personal development
- Coached elite track workouts (summer)
- Blog updates & links
- Team competition in local, regional, and national USATF events
- Community involvement and contribution to local beneficiaries

MEMBERSHIP DUES

\$25.00 annual fee (checks payable to Elm City Track Club); \$5.00 each additional family member. Total family membership cannot exceed \$40.00 per year.

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 at club races including but not limited to, falls, contact with other participants, the effects of weather, including 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 Elm City Track 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 on the persons named in this waiver.

Signature	Date
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