

CHECKLIST

Did you join USATF?

Sign the waiver?

Enclose your check?

SUBURBAN STRIDERS RUNNING CLUB MEMBERSHIP FORM AND WAIVER

Please print, fill out and SIGN AND DATE the form below

Mail this form and membership check (made out to SSRC) to:

Margaret Randle, 326 Highland Street, Weston, MA 02493

Name: _____

Address: _____ City, State, Zip: _____

Phone#: _____ Cell #: _____

Email Address: _____

Emergency Contact Name: _____

Emergency Contact Phone #: _____

Annual Membership (4/1/11 - 3/31/12) Short Term Membership (list dates) _____

Are you a member of USATF (Y/N)? ____ USATF #: _____

List Allergies/Medical Conditions: _____

Checking this box authorizes SSRC to use the above information for club purposes (e.g., Membership Directory).

WAIVER & FEES POLICY:

I know that running and participating in club workouts/races are potentially hazardous activities. I understand I should not enter and run in club activities unless I am medically able and properly trained. I assume all risks associated with running in club races including, but not limited to, falls, contact with other participants, the effects of the 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 Suburban Striders Running 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.

I also understand that all membership fees are non-refundable and are only valid during the time period I've signed up for. By signing my name below, I accept the terms and conditions of the above Waiver and Fees Policy.

Signature: _____ Date: _____