



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

We invite you to join Salisbury Rowan Runners. Our purpose is to promote running and/or walking as a 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 about the benefits of running and/or walking; and to participate in community service activities.

Membership in our club will afford you the opportunity to be part of a dedicated, encouraging, informative and experienced local running family. And if that is not enough, additional SRR Club benefits include a club T-shirt, monthly newsletter, volunteer opportunities, club fun runs, annual meeting and dinner, and year-end awards. A 15% discount at Ralph Baker Shoes and a 10% discount at Back Country and Beyond in Salisbury offers SRR members many innovative discounts. 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) _____ (CELL) _____

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:** _____