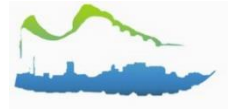




Rochester Running Club

Renew Individual Membership



WHAT IS THE ROCHESTER RUNNING CLUB?

RRC (formerly Rochester Track Club) is a non-profit organization designed to promote running and fitness by sponsoring activities for runners of all ages and abilities through low & no-cost events.

ROCHESTER RUNNING CLUB GOALS

- Provide programs for fitness development and competition for all age groups and abilities.
- Sponsor and support local area races.
- Provide opportunities for runners to come together and share experiences.

WHO CAN JOIN?

The RRC encourages people of all ages, abilities, and interest levels in track and field or distance running to join the club. You can be an athlete, jogger, coach, race official, sponsor, or track fan.

Annual Individual Membership Fees

- 1 year \$20
- 2 years \$40
- 3 years \$60
- 4 years \$80
- 5 years \$100

Please send this form with membership fee to **Rochester Running Club, P. O. Box 6711, Rochester, Minnesota 55903**
Make checks payable to **Rochester Running Club**

MEMBERSHIP FORM & ROAD RUNNERS CLUB OF AMERICA INSURANCE 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 Rochester 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.

SIGNATURE (Parents if under 18 yrs) _____ **DATE** _____

Print Name _____ **Gender** _____ **BIRTHDATE** ____/____/____
Gender Key: F=female; M=Male; N=Non-binary.

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE _____ **E-MAIL ADDRESS** _____

Note: Your email address will not be used to create email spam, nor will it be shared with other organizations. It will only be used for Rochester Running Club purposes. Birthdates are needed to score RRC's Grand Prix Race Series.
Questions or concerns? Please e-mail RochesterRunningclub@gmail.com