

MILFORD



ROAD RUNNERS

Milford Road Runners Application

Our mission is to promote running as a means of physical fitness. We provide mutual encouragement, assistance, and help with improvement. Our club is open to runners of all abilities.

Name _____ DOB ___/___/___ M F Other

Email _____ Shirt Size XS S M L XL

Address _____ City _____

State _____ Zipcode _____ Phone (____) _____

Emergency Contact _____ Phone (____) _____

Allergies/Conditions _____

Instagram _____ FaceBook _____

Current Running Experience 5K 10K 13.1 26.2 Ultra

Do you have trail running experience? Yes No

If no are you interested in learning about trail running? Yes No

Are you a USATF member? Yes No

Are you interested in joining our USATF Team? Yes No

Members receive:

access to weekly club organized runs - annual club events - annual club parties
discounts to local races - eligibility for yearly MRR Grand Prix -Holiday Banquet
10% off at Woodbridge Running Company - MRR swag - a group of new friends

Annual Club Dues are \$15 per calendar year payable via cash/check/PayPal

Make checks payable to "Milford Road Runners"

Mail check/cash with completed form to:

Milford Road Runners Membership P.O. Box 57 Milford CT 06460

PayPal <http://milfordrr.com/paypal-payments/>

New Member Renewal Amount Paid: \$_____

Club Membership Waiver of Participation:

I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs, or social activities, unless I am medically able, and by my signature I certify that I am medically able to perform all activities associated with the club and am in good health and properly trained.

I agree to abide by all rules, policies, and guidelines established by the club, including removal from the club for just cause in accordance with the bylaws outlined on their public website. I attest that I have read the rules of the club and agreed to abide by them. By signing this waiver, I also agree to follow the clubs member code of conduct as well. I assume all risks associated with being a member of this club and by participating in club activities which may include but not limited to: falls, the effect of weather including high heat, humidity or cold, traffic, and the conditions of the road track or trails.

Having read this waiver and knowing the facts and in consideration of your accepting my membership, I, and anyone entitled to act on my behalf, waive and release the Milford Road Runners, all club sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation with the club. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, or any other record for any legitimate promotional purposes for club.

Signature of participant

Date ____/____/____

Signature of guardian if participant is under 18

Date ____/____/____

Milford Road Runners
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