



Milford Road Runners Membership Application

Name _____ DOB ____/____/____

Email _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Current Running Experience 5K 10K 13.1 26.2 Ultra

Are you a USATF Member? Yes No

Are you interested in joining our USATF team? Yes No

Sign Up Online

Annual dues are \$10 per member per calendar year

Mail Cash/Check to Milford Road Runners Membership

PO Box 57, Milford, CT 06460

Make checks out to "Milford Road Runners"



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 _____ Date ____/____/____