



Name: _____ Gender: _____

Address: _____

City: _____ Zip Code: _____ Date of Birth: _____

Phone: _____ Email: _____

Family Membership names and dates of birth: _____

How did you hear about our club? _____

Please indicate your running interests and experience:

Recreation _____ Racing _____ Trail Running _____ Ultra Distances _____ Triathlon _____

Would you be willing to share training tips and strategies on the following subjects?

Racing _____ Marathon Training _____ Speed Work _____ Hill Training _____ Triathlon _____

Would you consider volunteering for the club as an officer or race volunteer? _____

Are you certified in First Aid or CPR? _____

Membership Dues: Annually from 1/1/2014 to 12/31/2014

_____ : \$15 Individual Membership

_____ : \$30 Family Membership

Running is a real endurance sport that can make significant physical and mental demands. It is a potentially hazardous activity. You should not participate in running activities unless you are medically able and properly trained. You assume all risks associated with running including but not limited to falls, contact with other runners, the effects of weather—this includes but is not limited to high heat or humidity, extreme cold, rain, and otherwise inclement conditions—and road and traffic conditions on any route. Club membership provides no safety or health warranties whatsoever.

I accept all risks associated with running with the RidgeRunners Club: _____ (Initial)

Signature: _____ Date: _____

Payment in cash or check made to Lake Ridge RidgeRunners. Mail to RidgeRunners Club c/o LRPRRA, 12350 Oakwood Drive, Woodbridge, VA 22192