



Be Part of the Fun!

Be a part of your local non-profit all volunteer running and walking club. Join the North Coast Striders in its 37<sup>th</sup> year. We have a great 2017 running season planned. Dues are needed for our RRCA membership, storage unit for race supplies and other expenses of hosting local running/walking events. Please send in your membership dues today! Membership dues are collected at the first of each year.

## 2017 Running Events

Willits Classic : Sunday Feb 12

Boontling Classic: Sunday May 7

Legends of the Redwoods: Sunday July 9

Turkey Trot: Sunday Nov 19

Christmas Party and Run: Dec 10

## Club Benefits

RRCA Affiliation and Insurance

RRCA Club Running Magazine

Group Training

Permitted Access to Masonite Road

Race Discounts

Team

.....tear off and mail this portion.....

Members Name \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

Telephone \_\_\_\_\_ Family Members \_\_\_\_\_

Membership dues: Individual \$15 (1 year) \_\_\_\_\_ Family \$25 (1 year) \_\_\_\_\_

\$40 (3 years) \_\_\_\_\_ \$60 (3 years) \_\_\_\_\_

### CLUB MEMBERSHIP APPLICATION 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 North Coast Striders 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.

I understand and agree to the terms as stated above.

\_\_\_\_\_ Signature

\_\_\_\_\_ Date

*Note: An adult guardian or parent must sign for individuals under the age of 18.*

Mail application and check to: North Coast Striders, P.O. Box 1556, Ukiah, CA 95482