

2010 Orange Runners Club Membership



Make Payment to "ORC YEARLY MEMBERSHIP"

Mail to: Orange Runners Club, PO BOX 2144, Middletown, NY 10940

Last Name _____ First _____ Age _____ Birth date ____/____/____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ Email _____

Occupation _____ Volunteer Skills or Interests _____

Renewing ~ or ~ New

Category (select one):

- Single - \$25
- Student (under 19) & Senior (over 59) - \$15
- Family** - \$40 (Each participating family member must have same address)

**** Please list each family member's name birth date below or on back of form.**

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run or otherwise participate 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 effect of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks having been 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 Orange Runners Club, Inc., the USAT&F and all sponsors, their representatives and successors from all claim 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: _____ Date: _____ Parents Signature (if under 18) _____



WHAT ARE SOME OF THE BENEFITS?

The "Sweat Gazette" newsletter

Weekly coached track workouts for all abilities

A sense of community that only a social organization can bring

Training and racing tips

Organized group runs

Monthly club meetings with guest speakers

The chance to meet new people

Discounts to club races and select businesses

You may find a training partner (or two!)

Motivation to improve your personal fitness

Access to info about running events

The chance to apply your own experience for the benefit of others