



ABOUT THE "SRRC"

CLUB #771

Although named "SUSQUEHANNA RIDGE RUNNERS CLUB", this organization is open to all health and fitness enthusiasts. Membership includes walkers, bicyclists, duathletes and triathletes, and swimmers, as well as joggers and runners.

You need not be a road racer or serious, competitive athlete to join. Many of our members are simply "fun runners".

The "SRRC" caters to all members, offering a wide variety of yearly events where the social aspect of fitness is not overlooked. Most importantly, runners can find fellowship and training partners, and support for their personal fitness program.

Each year we have a winter series of races beginning in late January, we hold fun runs (on roads and trails) and club picnics in the spring and summer, our club supports a late summer half marathon and various 5K road races throughout the year, an annual holiday party in December, as well as other special events. In addition, we provide technical support for area races. The SRRC also sponsors teams each year at The Boston Marathon.

Your membership entitles you to a reduced or free entry to club sponsored events, an award winning and informative club newsletter, SRRC UPDATE, listing upcoming races and events as well as club members' race results; discounts at Elite Feet, Inc., a specialty running store in Montoursville, PA (visit: www.elitefeetinc.com for store location and hours) and at The Inside Track, serving Central Pennsylvania runners with locations in Harrisburg, Lancaster, Mechanicsburg, and now also in Lewisburg (visit: www.insidetrackpa.com for more information), and free membership in the Road Runners Club of America.

We invite you to join today and urge you to become an active member in an active club. Please complete, detach, and return the membership form below. For additional information, please call the number below or visit our website: www.susquehannaridgerunners.com.



SRRC MEMBERSHIP APPLICATION FORM

(PLEASE CAREFULLY PRINT ALL INFORMATION)

NAME: \_\_\_\_\_ SEX: MALE  FEMALE

ADDRESS: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE:(\_\_\_\_\_) \_\_\_\_\_ (HOME  WORK  CELL PHONE

E-MAIL: \_\_\_\_\_

(In an effort to reduce our impact on the environment, as well as help keep club operating expenses low, we ask you to provide us with an e-mail address so we can send you an electronic newsletter.)

TYPE OF MEMBERSHIP:  INDIVIDUAL / \$10.00  COUPLES / \$15.00 (please list other name, age, etc.) \_\_\_\_\_

NEW  FAMILY (3 or more) / \$20.00 (list names, ages, etc.) \_\_\_\_\_

RENEWAL  STUDENT / \$8.00 (Students, please list school): \_\_\_\_\_

Make check payable to: "SUSQUEHANNA RIDGE RUNNERS CLUB" \*Memberships run from January 1 to December 31 of each year. (Part of the Susquehanna Ridge Runners Club annual dues goes to the Road Runners Club of America to cover our club dues and insurance.)

Mail application to: ROBIN SULLIVAN, BOX 100, FREEBURG, PA 17827 For additional information call: 570-374-7585

WAIVER: I know running in and volunteering to work in club races and events can be potentially hazardous activities, I should not enter these activities unless I am medically able and properly trained. I assume all risks associated with participation in these activities. Having read this waiver and knowing these facts, and in consideration of the acceptance of my application for membership, I for myself and anyone entitled to act on my behalf, waive and release the Susquehanna Ridge Runners Club, The Road Runners Club of American, and all sponsors and all representatives from all claims and liabilities of any kind arising from my participation in these activities even though that liability may arise out of negligence or carelessness on the part of the persons or organization named in this waiver.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

(Signature of parent or guardian if applicant is under 18 years of age)