



## SAN LUIS DISTANCE CLUB MEMBERSHIP APPLICATION

The San Luis Distance Club was formed in 1974 by a group of local residents to promote distance running in San Luis Obispo County. The activities of the club include the sponsorship of races within the county, fielding teams at various levels of competition, and conducting youth and open track and distance workouts. Membership is open to all ages and ability levels and the club is affiliated with the national Road Runners Club of America and the Pacific Association of USA Track & Field. Dues are \$25/year with additional members of the same family at the same mailing address only \$3.00 each. Dues are on a calendar year basis and are pro-rated by quarter for new members (i.e. those joining from April-June would pay \$18.75, July-September pay \$12.50, and October-December pay \$6.25). Members receive a monthly newsletter with information about upcoming events, local running news, and race results. If you are interested in becoming a member, please complete the information below and send it, along with your dues, to the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, CA 93406-1134. The waiver is at the request of the national RRCA and is needed to meet the insurance requirements that cover club activities.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/ZIP \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_ E-MAIL \_\_\_\_\_

Races attended and/or other information about yourself:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**WAIVER:** I know that running and volunteering to work at 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 a 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 humidity), the conditions of the road, 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 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 San Luis Distance Club, and their sponsors, their representatives, and their successors from all claims and liabilities of any kind arising out of my participation in club activities even though that liability may arise out of carelessness or negligence on the part of the persons named in this waiver.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
PARENT'S SIGNATURE (if under 18)

\_\_\_\_\_  
DATE