

"The pleasure of running is
companionship and experiences
you have with other people."

-Sir Roger Bannister



Heartland Road Runners/Walkers Club

P.O. Box 5093, Quincy, IL 62305

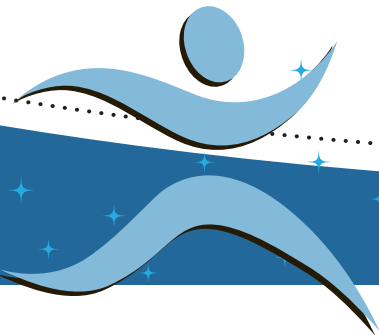
www.heartlandroadrunnersclub.com



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Heartland Road Runners/Walkers Club, a local chapter of the Road Runners Club of America, was established in 2000 in Quincy, IL. HRRWC is open to anyone interested in running, walking, and having an active lifestyle. Members can receive a discounted registration for numerous local races and fun runs, participate in social events, club meetings, and the club listserve to stay informed of running news, group runs, and training programs.





Membership Rates

The annual rate for an individual membership is \$15;
a family membership is \$25.

New membership Renewal (Check One)
 Individual Family (Check One)

Name: (Please print clearly)

Birth Date

Sex

_____	_____	___/___/___	M F
Last	First	Mo/Day/Year	(Circle)
_____	_____	___/___/___	M F
Last	First	Mo/Day/Year	(Circle)
_____	_____	___/___/___	M F
Last	First	Mo/Day/Year	(Circle)
_____	_____	___/___/___	M F
Last	First	Mo/Day/Year	(Circle)

Mailing Address:

_____	_____	_____	_____
Street	City	State	Zip

Home Phone: (____) _____

Email: _____

Please make your check payable to Heartland Road Runners/Walkers Club and mail it with this application to: **Heartland Road Runners/Walkers Club, P.O. Box 5093, Quincy, IL 62305**

Please check below, the types of running activities that interest you:

<input type="checkbox"/> 5K Races	<input type="checkbox"/> 10K Races
<input type="checkbox"/> Half-Marathons	<input type="checkbox"/> Marathons
<input type="checkbox"/> Speed and Track Workouts	<input type="checkbox"/> Training Programs
<input type="checkbox"/> Group Runs	<input type="checkbox"/> Social Activities
<input type="checkbox"/> Travel to Races Together	<input type="checkbox"/> Trail Running

I am interested in leading or assisting in the following club activities:

<input type="checkbox"/> Group Runs	<input type="checkbox"/> Training Programs
<input type="checkbox"/> Club Social Events	<input type="checkbox"/> Club Race: Run for the Cross
<input type="checkbox"/> Becoming a Club Leader	

Please list below any other ideas or suggestions of how the Heartland Road Runners Club can improve.

The following are times I typically run:

Mon AM ___ PM ___	Tues AM ___ PM ___	Wed AM ___ PM ___
Thurs AM ___ PM ___	Fri AM ___ PM ___	Sat AM ___ PM ___
Sun AM ___ PM ___		

(Completion of This Survey is Optional)

Covenant Not to Sue:

The undersigned, for and in consideration of the privilege of participating in events and activities organized and sponsored by The HEARTLAND ROAD RUNNERS CLUB hereby covenants and agrees not to sue THE HEARTLAND ROAD RUNNERS CLUB its officers, or agents for damages which may be incurred by undersigned arising out of the undersigned's participation in such activities or events and caused by the negligence of THE HEARTLAND ROAD RUNNERS CLUB its officers, or agents.

Dated:

Month _____ Day _____ 20__ X _____
Members or Participant

Parent or Guardian if Under 18 X _____