

Northern Virginia



www.novarun.com

Running Club

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2012 NOVA RUNNING CLUB MEMBERSHIP FORM

Membership benefits include coached workouts, group trainings, affiliation with AARC, Club's weekly e-mails, free races, discount at local running stores, parties & other social functions.

Member Information:

Check one membership type: [] Individual - \$25 [] Family - \$35 [] Full Time Student - \$20

Members Name: Mailing Address: DOB
[] [] []

Phone Number E mail

Emergency Contact Contact Type Phone #

Membership Payment:

Make check payable to Northern Virginia Running Club. Memberships submitted after October 1, 2011 will uphold valid membership until the end of 2012.

Mail application, check and signed waiver to:

Nova Membership, Melissa Ferry. PO Box 3111 3682 King Street, Alexandria VA 22302

Membership Information:

-Do you wish to participate with the club's "listserv"? [] Yes [] No

Volunteer:

We ask that all members volunteer in at least one of the following activities: (Please choose one)

- [] Races [] Social Activities [] Coaching [] Newsletter [] Welcome Wagon [] Education/Speeches

IMPORTANT - MEMBERSHIP WAIVER

The signed waiver is required for our liability insurance coverage. All adults covered by this membership and the parent or guardian of any minor/children must sign the waiver.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club running 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 Northern Virginia Running Club, their representatives, successors, and sponsors 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.

Signature: Date

Parent (for members under 18)

I am signing this waiver as parent or guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks.

Signature: Date Relationship