

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**My running experience level is:**

- New Runner (the only thing I know about running is how to spell it)
- Occasional Runner (I've run before, but usually only if something is chasing me)
- Regular Runner (Running regularly keeps me sane...mostly)
- Extreme Runner (I should seek counseling for my running problem)

*Dues are annual and support current year programs. Dues paid on or after September 1 are applied to the following calendar year.*

I have enclosed a check payable to Northwest Road Runners for:

- \$20 Individual Membership
- \$30 Family Membership (all individuals reside at same address) \*

\* Family memberships require all family members to fill out this form and sign the waiver.

**Mailing Address**

Northwest Road Runners  
121 N. Prospect Manor  
Mount Prospect, IL 60056

**Questions?**

Please contact: [info@nwroadrunners.org](mailto:info@nwroadrunners.org)

## Please Read Carefully Before Signing

**WAIVER OF LIABILITY:**

The Northwest Road Runners running club welcomes you. For your own safety, we urge you not to participate in our running activities unless you are sufficiently physically fit and not under the influence of any drugs, alcohol or medications that could affect your health. You must agree to the following conditions before participating in any runs sponsored by the Northwest Road Runners running club.

I understand that my registration for this running club and my participation in any run is strictly voluntary on my part.

I assume all the 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, wet and icy conditions, and the conditions of the road and traffic on the course.

I understand and acknowledge that running, like all athletic activities, includes the foreseeable risk of accident, injury, illness, and/or physical harm. I understand and agree that I am solely responsible for any injuries that I may suffer while participating in the running activities of The Northwest Road Runners running club. If I am injured while participating in running activities, I agree to release and hold harmless the members of The Northwest Road Runners running club or any of the affiliated sponsors from any liability or responsibility in connection with my injuries.

This waiver applies to the current year and any future years that I participate in club activities.

I agree to the above conditions as a prerequisite to registration as a member and any subsequent or prior participation in the running activities of The Northwest Road Runners running club.

\_\_\_\_\_  
**Signature and Printed Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature and Printed Name of Parent or Legal Guardian if Under 18**

\_\_\_\_\_  
**Date**