



## MEMBERSHIP APPLICATION

Or join at <http://fingerlakesrunners.org/join/>



### ABOUT

Founded in 1968, the Finger Lakes Runners Club is a non-profit, volunteer-driven organization that conducts and facilitates races and running-related events to promote fitness, health, and community for people of all ages and abilities. The club puts on a full calendar of road races, trail runs, and track meets throughout the year, and members regularly organize group runs and social gatherings for those with a love of running. FLRC members receive free entry to FLRC community track meets and the Winter Chill 5K series, plus discounts on pre-registration entry fees for club races. Become a member today!

### DETAILS

*Please print neatly!*

Name (First Last): \_\_\_\_\_ Sex (M/F): \_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ New member  Renewal

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

### FAMILY

*For a family membership, please list all family members and pay the family fee below.*

Name (First Last)	Sex (M/F)	Birthdate

### FEES

*Please check one membership type and length below.*

**Individual membership:**  \$20 for 1 year  \$50 for 3 years (save 15%)  \$80 for 5 years (save 20%)

**Family membership:**  \$35 for 1 year  \$90 for 3 years (save 15%)  \$140 for 5 years (save 20%)

### WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities including the Winter Chill 5K series and FLRC track meets 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 including, but not limited to, falls, contact with other participants, the effects of the weather including heat and cold, the condition 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 in my behalf, waive and release the Road Runners Club of America, the Finger Lakes Runners Club, Cornell University, Ithaca College, Ithaca City School District, Ithaca Fire Police, Ithaca Police Department, Tompkins County Sheriff's Department, the City of Ithaca, the Towns of Ithaca, Dryden, Danby, Moravia, Virgil, and Hector, the New York State Department of Environmental Conservation, the USDA Forest Service, and all sponsors, their representatives and successors 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: \_\_\_\_\_

Signature of parent or guardian if member is under 18 years of age: \_\_\_\_\_

Mail with a check payable to **FLRC** to:  
**FLRC Membership, P.O. Box 4984, Ithaca, NY 14852**