



MEMBERSHIP APPLICATION FORM

New Member Renewal Male Female

Individual (\$20 Annual)

Family-same household (\$30 Annual)-limit of 2 shirts per family (may purchase additional if desired)

*Complete Separate application for each family member

Mission Statement: The Mohawk Valley Hill Striders started with a group of runners meeting every Tuesday and Saturday. We developed a friendship based on our shared enthusiasm for running. Our goal is to promote the sport of running and provide training opportunities for our members of all categories- from beginners to competitive. Our training runs contain several different levels, so the newest runners will not feel intimidated. By being a part of this group you will meet other runners, giving you the commitment, motivation, and confidence to enjoy the sport of running. And the best part of joining a running group is the friendships you will form, which go far beyond just running.

Make check payable to: **Mohawk Valley Hill Striders**

Mail application/payment to: **Sue Muller 24 Abbey Road Whitesboro, NY 13492**

Name (print): _____ Date of Birth: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email: _____ T-Shirt Size (new members only): _____

Emergency Contact: Name: _____ Phone: _____ Relationship: _____

Expectations: (i.e.-first time runner, would like to train for the Boilermaker 15K): _____

Check out our website: **www.mohawkvalleyhillstriders.com**

Mohawk Valley Hill Striders Running Club Waiver:

I agree that I am a member of The Mohawk Valley Hill Striders Running Club, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include but is not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, the conditions of the road etc, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Mohawk Valley Hill Striders Running Club and all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Applicants Signature: _____ Date: _____

Print Name: _____ Signature of parent if applicant under 18 years: _____