



MEMBERSHIP APPLICATION FORM

- New Member Renewal
 Individual (\$20 Annual)
 Family-same household (\$30 Annual)

*Complete Separate application for each family member

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: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Code of Conduct

Members of the Mohawk Valley Hill Striders' shall behave in accordance with the following Code of Conduct while participating in club activities, races, and all public or social events when they are attending as a representative of the club.

Members shall:

- Conduct themselves in a manner that ensures a safe and comfortable environment by showing respect for fellow club members at all times;
- Show appropriate respect and appreciation for volunteers who give their time to help at club events;
- Refrain from making unwanted verbal, sexual, or physical contact with others;
- Refrain from taunting or threatening physical violence upon another member of the club, volunteers, or event spectators;
- Refrain from abusive or vulgar language;
- Behave in a manner that is safe and does not put oneself or others at risk.

Members agree to report violations of the Member Code of Conduct policy to the MVHS Board Members in writing.

Waiver

I agree that I am a member of the Mohawk Valley Hill Striders 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 agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities that may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller or inline skates, animals, and personal music players may create a hazardous running environment and I may be asked to not use these items in organized club activities if they have the potential to cause harm to myself or a fellow runner.

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, the Road Runners Club of America, 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.

Signature: _____ Date: _____

Print name: _____

Signature of parent if applicant under 18 years old: _____