



Running Club

Supporting runners and walkers in the Northern Neck

10K Training Program 2017

Run NNK Member (no fee) Non Member \$20 (Includes 1 yr Run NNK Membership)

Name _____ D.O.B. _____ M/F _____

Street _____

City _____ ST _____ Zip _____

E-mail _____ Phone _____

Please enter your most recent 5K _____ and/or 10K _____ race time

Club Membership/Program Application Waiver

I know that running & volunteering to work at club events may be potentially hazardous activities and that I should not participate unless I'm medically able. I assume all risks associated with running & volunteering and 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 membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, the Run NNK Running Club, its officers, members and race volunteers, and all sponsors, their employees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

(If under 18 years of age – Parent/Guardian must sign)

Make Check payable to: Run NNK Running Club

Mail form to: Run NNK Running Club, P.O. Box 565, Heathsville, VA 22473

