



Membership Registration & Renewal Form

Return to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903

Join or Renew Online: www.centralmainestriders.com/join.html

Annual Dues: \$15 per family, made out to Central Maine Striders

Name: _____ Gender: _____ DOB: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Additional Runners in Household:

1. Name: _____

Gender: _____ DOB: _____ Email: _____

2. Name: _____

Gender: _____ DOB: _____ Email: _____

3. Name: _____

Gender: _____ DOB: _____ Email: _____

4. Name: _____

Gender: _____ DOB: _____ Email: _____

Yes, I am interested in receiving club news via the email address(es) above, including the monthly *Interval* newsletter and other club and local running race info and news.
(We will not share your contact info.)

I am interested in helping with the following (check all that apply):

- Race volunteering
- Race directing
- Organizing group runs
- Organizing club workouts
- Organizing club social events
- Organizing club race teams (races, relays, etc.)
- Writing race reports or other news for the club website, newsletter, etc.
- Taking race photos for the club website, newsletter, etc.

Complete both sides and return to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903

Join or Renew Online: www.centralmainestriders.com/join.html

Dues: \$15 per family, which includes the *Interval* newsletter

Comments: _____

To get involved, you may also email us directly at centralmainestriders@gmail.com and/or attend any monthly club meeting.

Central Maine Striders Club Membership Waiver of Participation

I agree that I am a member of Central Maine 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 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: 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 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 Central Maine 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: _____

Parent's Signature if under 18 years: _____

Date: _____

Complete both sides and return to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903

Join or Renew Online: www.centralmainestriders.com/join.html

Dues: \$15 per family, which includes the *Interval* newsletter