



**2018 NOVA RUNNING CLUB MEMBERSHIP FORM**

Membership benefits include coached workouts, group training, affiliation with RRCA, discounts at local running stores, weekly newsletters, happy hours.

***Member Information:***

Check one membership type:  1-yr Individual - \$50  1-yr Family- \$75  
 2-yr Individual - \$95  2-yr Family - \$140

Member Names: \_\_\_\_\_ E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Primary Member Mailing Address: \_\_\_\_\_

Other Member Mailing Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**Membership Payment:**

Make check payable to Northern Virginia Running Club.  
Memberships are valid from date of joining.

**Mail application, check and signed waiver to:**

NOVA Running Club, PO Box 3111, 3682 King Street, Alexandria, VA 22302

**MEMBERSHIP WAIVER**

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter or run in club running activities unless I am medically able and properly trained. I agree to abide by any decision of a race official, Club Coach, or Board Member relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions 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 on my behalf, waive and release the Northern Virginia Running Club, their representatives, successors, and sponsors 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: \_\_\_\_\_

**Parent/Guardian (for members under 18)**

I am signing this waiver as parent or guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks.

Signature: \_\_\_\_\_ Date \_\_\_\_\_ Relationship \_\_\_\_\_

**Connect with us:**

- [www.northernvirginiarunningclub@gmail.com](mailto:northernvirginiarunningclub@gmail.com)
- [www.novarunningclub.com](http://www.novarunningclub.com)
- [www.facebook.com - Northern Virginia Running Club--NOVA](https://www.facebook.com/NorthernVirginiaRunningClub--NOVA)
- [www.instagram.com/novarunningclub](https://www.instagram.com/novarunningclub)