



NORTHPORT RUNNING CLUB MEMBERSHIP APPLICATION

The NORTHPORT RUNNING CLUB was founded in April 1977 to promote and encourage running at all levels of ability. Membership is available to individuals or families. As a new member you will receive a club T-shirt, a membership card good for discounts at local running stores and a monthly club newsletter.



Club #163



Club #59-0924

CLUB ACTIVITIES INCLUDE:

- February:** *The Joe Latino Winter Relays* is an event with an open invitation to any team of six persons. Over 240 runners compete each year. The Race is held at Sunken Meadow Park and each relay leg is 2 miles long.
- March:** *The Little Cow Harbor 4 Mile Run* with over 500 entries marks the beginning of the racing year.
The Doug Wood Memorial 8K: A challenging road and trail run through the Makamah County Nature Preserve named in memory of member Doug Wood.
- September:** *The Great Cow Harbor 10K* is one of the two biggest races on Long Island with over 5,000 registered runners. This race has been recognized by *Runners World* as one of the top 100 road races in the country.
- November:** *The Veteran's Day Cross Country Race.* This 4K Race (over 400 runners) takes place on the golf course of the Northport Veteran's Hospital, with all proceeds going to the Veterans.
- Weekly Club Runs** - Tuesday evening track workouts, Thursday evening hill workouts, Saturday morning cross-country runs in Sunken Meadow State Park, and Sunday morning runs with distances of 3-9 miles and marathon training. During the summer, we host a six week running clinic on Wednesday evenings to help train for the Great Cow Harbor 10K Race.
- Club Meetings** - Held on the fourth Wednesday of the month. Great summertime meetings held at members' homes.
- Running and Social Events** - Long Island Marathon Picnic, Trans Fire Island Run, Long Island Falmouth Exchange weekend, President's Day Safari Run, Valentines Day Weekend at Arrowood and many other inter-club runs and activities. Visit our web site at www.nrcrun.org
- Team Activities** - The NRC is a sanctioned member of the Road Runners Club of America, USATF and LITF and is very active in organizing teams for races in the Long Island Track and Field Grand Prix series, as well as other team racing events.

MEMBERSHIP APPLICATION

FOR OFFICE USE ONLY

Rec'd _____ Ck# _____ Amt: _____

Make check payable and mail to:
Northport Running Club
P.O. Box 554 • Northport, NY 11768

Name(s) _____

Address _____ Town _____ State _____ Zip _____

Home Phone () _____ - _____ Birth Date _____ Sex M F Tee Shirt Size M L XL

Occupation _____ How often do you run? _____ How many miles? _____ Do you race? _____

E-mail Address _____ Home Work (to be published in Club Directory)

<p>FIRST YEAR.....\$30.00 (\$20.00 Annual Individual Membership Fee plus a <i>one time</i> Application/T-shirt fee of \$10.)</p> <p>EACH YEAR AFTER..... \$20.00 Annual Individual Membership Fee</p> <p>ANNUAL FAMILY (related and living in the same household) \$25.00 Membership Fee plus a <i>one time</i> Application/T-shirt fee of \$10 <u>per person</u>. (i.e., 2 MEMBERS = \$45.00, 3 MEMBERS - \$55.00, etc.)</p>

Annual dues in the Northport Running Club are as listed above. \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine, *Footnotes*, for one year. I know that running and volunteering to work in club races and events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races and events including, but not limited to, falls, contacts with other participants, the effects of weather including high heat and or humidity, dehydration, the condition 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 Northport Running Club, the Road Runners Club of America, and USATF, their officers, and all sponsors and representatives, from all claims or liabilities of any kind arising out of my participation in the club activities. Submission of this form and my (our) signatures signifies acceptance of the conditions as listed above.

Signature _____ Date _____

Signature _____ Date _____

Parent Signature (If under 18) _____ Date _____