



# Fond du Lac Running Club

## Membership / Renewal Form



The Fond du Lac Running Club was founded in 1979 for the purpose of providing a positive atmosphere for runners and running in the Fond du Lac area. We are proud to direct several run/walk events during the year, as well as an eighteen week track workout program from May through August which include track meets. Your membership includes our e-newsletter *Fondy Footnotes*, email updates, discounts at area businesses, free spring/summer track workouts, group runs, volunteer appreciation, scholarship opportunities, an opportunity to meet new people and much more.

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

E-MAIL ADDRESS (required)\* \_\_\_\_\_

**\*A personal and permanent email address is required in order to receive our newsletter by email and all other communications through our mass email service (included with your membership fee). Please avoid using any work email addresses. Failure to provide us with a valid email address will result in loss of communication with the running club. Your email address will not be distributed or sold to any third parties and will be used for specific Fond du Lac Running Club purposes only.**

Membership Type (circle one)	<b>New Member</b>	<b>Renewal</b>	
Membership Fee (circle one)	<b>1 year:</b>	<b>Family (\$20)*</b>	<b>Single (\$10)</b>
	<b>2 years:</b>	<b>Family (\$25)*</b>	<b>Single (\$15)</b>
	<b>3 years:</b>	<b>Family (\$30)*</b>	<b>Single (\$20)</b>

**\*Please note:** Family memberships cover all individuals living in one household.

Make checks payable to: **Fond du Lac Running Club**

Please send this completed form in its entirety with payment to:

**Fond du Lac Running Club, P.O. Box 102, Fond du Lac, WI 54936-0102**

I know that running and volunteering to work in club sponsored activities are potentially hazardous. I should not enter and participate 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 event. I assume all risks associated with running, walking and volunteering to work in club activities, including, but not limited to falls, contact with other participants, the effects of 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 this application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Fond du Lac Running Club, Inc., and all club sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons and organizations named in this waiver. I grant permission to all the forgoing to use any photographs, motion pictures, recordings, or any other record of an event for any legitimate purpose.

**\*Signatures required for all Members (Parent or Legal Guardian signature required for any members under age 18)**

Member Name (Please Print)	Age	Signature	Date
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Visit us on the web at [www.fonddulacrunningclub.com](http://www.fonddulacrunningclub.com)