



FINGER LAKES RUNNERS CLUB

Membership Application



Please Print:

MEMBERSHIP TYPE: NEW MEMBER _____ or RENEWAL

NAME: First _____ Last _____

ADDRESS _____ EMAIL ADDRESS _____

City _____ State _____ Zip _____ PHONE #'s: Home (_____) _____

SEX _____ AGE _____ BIRTHDATE: Month _____ Day _____ Year _____ Cell / Business (_____) _____

FAMILY MEMBERS - IF ANY (Must pay family fee – see below)

NAME: First: _____ Last: _____ SEX _____ AGE _____ BIRTHDATE: Month _____ Day _____ Year _____

NAME: First: _____ Last: _____ SEX _____ AGE _____ BIRTHDATE: Month _____ Day _____ Year _____

NAME: First: _____ Last: _____ SEX _____ AGE _____ BIRTHDATE: Month _____ Day _____ Year _____

NAME: First: _____ Last: _____ SEX _____ AGE _____ BIRTHDATE: Month _____ Day _____ Year _____

If any additional family members, please attach a sheet giving first and last names, sex, age, and birthdates.

NEWSLETTER: Please indicate if you would like to receive the monthly newsletter by mail or if you'd prefer to read it/print it from our website. A reminder is sent to the listserv when the newsletter is available on our website. Obviously, reading it from our website saves club money.

_____ mail me a paper copy of the monthly newsletter _____ don't mail me the newsletter; I'll conserve resources and read it online

MEMBERSHIP CLASS & FEE (Make Check payable to FLRC)

RUNNING INTERESTS

- _____ Individual (\$15/yr**)
- _____ Family/Team (\$25/yr** for 2 or more – one newsletter)
- _____ School Team Membership (\$25/yr)
- _____ **Additional Donation for Youth Scholarships**
- _____ **Additional Donation**
- _____ **Total Enclosed**

- _____ Road Running
- _____ Trail Running
- _____ Cross Country
- _____ Track Running

****Membership is valid for one year from the receipt of the application**

VOLUNTEER! We need your help. Check activities and events where you, a family member, or a friend can help.

Help with Activity:

- _____ Race Director/Assistant Director
- _____ Lead car or bike
- _____ Race day registration
- _____ Write articles/take photos for Newsletter
- _____ Course traffic/directions/times
- _____ Typing race day computer late entries/results
- _____ Refreshments/food
- _____ Stuff envelopes
- _____ Working water stop/aid station
- _____ Finish line chute
- _____ Timer at finish
- _____ T-shirt design
- _____ Other activity: _____

WAIVER: I know that running and volunteering to work in club races 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 including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, 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 in my behalf, waive and release the Road Runners Club of America, the Finger Lakes Runners Club, Cornell University, Ithaca School District, The Rafters, and all sponsors, their representatives and successors 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.

Date _____ Signature _____ (If under 18, a parent/guardian must cosign)

Mail this form with check (payable to FLRC) to:
FLRC Membership, c/o Melissa Hubisz, 1545 Congdon Lane, Cortland, NY 13045

FLRC members may deduct \$2 from all FLRC races, get free entry to track meets, receive the Club newsletter, and receive discounts from local sporting goods stores.

An Invitation to join the Finger Lakes Runners Club

*Finger Lakes
Runners Club*



www.fingerlakesrunners.org

Trail Stoneheads • Road Asphaltheads • Track Speedheads

The Finger Lakes Runners Club is an organization for runners of all ages and all degrees of ability and competitiveness: kids and masters runners, trail runners, track and road runners, marathon runners, cross country, and joggers, those who run fast and those not as fast.

The Club holds monthly track meets during the winter months (at Barton Hall on the Cornell University Campus) and outdoor meets during the summer at Cornell and Ithaca High School. These meets are free to Club members.

The Club also sponsors a full race calendar each year for which FLRC members may deduct \$2 from the entry fee.

FLRC Race Calendar

See website for dates, details, and entry forms

Race Name	Location
Various FLRC Indoor Track Meet	Barton Hall, Cornell
March FLRC Indoor Track Meet Family Fun Day	Barton Hall, Cornell
Ithaca Skunk Cabbage Classic Runs (10K and half marathon)	Barton Hall, Cornell
Thom Bugliosi Trail Runs (13K and 26K)	Hammond Hill State Forest
Rec Way 10K	South Hill Recreation Way
Ithaca Twilight 5K	Ithaca High School
Rich Lawrence Memorial Tortoise & Hare Trail Run (10K)	Buttermilk Falls State Park
Finger Lakes Fifties Trail Runs (25K, 50K, and 50 miles)	Finger Lakes National Forest
Forest Frolic Trail Runs (7K and 15K)	Virgil State Forest
RRCA Women's Distance Festival (5K)	Dryden Lake
Loop-The-Lake 5K and Picnic (FLRC members only)	Dryden Lake
Fillmore 5K	Moravia Central School Track
Virgil Mountain Madness Trail Runs (12K and 30K)	Virgil State Forest
Forge the Gorgeous Trail Run (7 miles)	Filmore Glen State Park
Monster Marathon & Half-Marathon Trail Runs	Virgil State Forest
Ithaca 5 & 10 (5 and 10 miles)	Ithaca High School
Danby Down & Dirty Trail Runs (10K and 20K)	Danby State Forest
Various FLRC Summer Outdoor Track Meets	Cornell and Ithaca High School

As a member you'll be able to get 10% - 15% off merchandise at local outdoor and running stores when they advertise club discounts. You'll receive a monthly FLRC Newsletter with race entry forms (or get them online) and information about area races along with track meet and race results.

Another benefit is meeting and training with other runners. Groups of runners meet at various times throughout the week and weekend for road and trail runs, usually departing from various trail heads, Cornell University, Ithaca College, and the Finger Lakes Running Company on State Street near the Commons. These group runs vary in distance and there's always a chance to make the run short or long. Others meet to do track work. The Finger Lakes Runners Club also has ties with the highly competitive High Noon Athletic Club, a group that meets at Teagle Hall at noon, Monday through Friday.

Dues are just \$15 for individuals and \$25 for a family for a full year (from date of application.) A membership application form is on the reverse side and is also available on our website www.fingerlakesrunners.org.

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