



# Holland Running Club

PROMOTING A HEALTHY LIFESTYLE THROUGH RUNNING

## 2019 Membership Registration: Holland Running Club (HRC)

### Membership Information *(please print clearly)*

Name:		
Address:		
City:	State:	Zip
Phone:		Alternate Phone:
Email Address:		
<i>*Your email address will be added to HRC list to receive club updates &amp; announcements.</i>		
Gender:	Age:	Birthdate:
Are you interested in volunteering for club events/activities, serving on a planning committees or board of directors? Please describe your interest:		

Waiver: I agree that I am a member of the Holland Running Club. 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 runs, or social events unless I am medically able and properly trained. By my signature, I certify that I am medically able, in good health, and properly trained to perform all activities associated with the club. I assume all risks associated with being a member of this club and participating in club activities. This may include falls, contact with other participants, and the effects of the weather, including extreme cold or snow, extreme heat, and/or high humidity. 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 understand that bicycles, skateboards, baby joggers, roller skates, roller blades, animals, and personal music players are not allowed to be used in club organized activities. Having read this waiver and knowing these facts and in consideration of our accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Holland Running Club, based in the city of Holland, Michigan, and 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 photograph, motion pictures, recordings or any other record for any legitimate promotional purpose for the club.

Applicant Signature:

If under 18, Parent's Signature:

Individual Membership Cost: \$20

*\*Valid now through December 31, 2019. Membership terms based on calendar year.*

Mail completed form with check or money order to: **Holland Running Club**  
**P.O. Box 1212**  
**Holland, MI 49422**

Sign up online at: <https://runsignup.com/Club/MI/Holland/HollandRunningClub3>

Check us out on Facebook for scheduled club run information: [www.facebook.com/groups/304552556258249/](http://www.facebook.com/groups/304552556258249/)

Learn more about the Holland Running Club at: [www.hollandrunningclub.org](http://www.hollandrunningclub.org)