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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:

- January:** Indoor Track Workouts - NRC kicks off the year with two months of indoor track workouts at the St. Anthony's High School in South Huntington. Stay warm and dry indoors!
- February:** The Joe Latino 4 x 2 Mile Winter Relays - An event with an open invitation to any team of four runners. Over 200 runners compete each year. The Race is held at Sunken Meadow Park and each relay leg is 2 miles long.
- April:** The Doug Wood Memorial 5K - A challenging road and trail run through the Makamah County Nature Preserve in Northport named in memory of member Doug Wood.
- August:** Great Cow Harbor 10K Training Runs - Six weeks of training and tips to run your best Great Cow Harbor 10K. With over 150 people a week grouped into 10 levels of ability there is something for everyone.
- September:** The Great Cow Harbor 10K - One of the 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 450 runners) takes place on the golf course of the Northport Veteran's Hospital, with all proceeds going to the Hospitalized and Homeless Veterans at the Hospital.
- Weekly Club Runs** - Tuesday evening track workouts, Thursday evening hill workouts, Saturday morning cross-country runs in Sunken Meadow State Park (two groups based on pace), and Sunday morning runs with distances of 3-9 miles and marathon training.
- Club Meetings** - Held on the fourth Wednesday of the month. Great summertime meetings held at members' homes.
- Team, Running, and Social Events** - Long Island Track and Field Grand Prix Series, team racing events, Trans Fire Island Run, Long Island Falmouth Exchange Weekend, President's Day Safari Run, Valentine's Day Weekend at the Doral Arrowood Resort, St. Patrick's Day Fun Runs, Summer & Winter Series Runs, December Holiday Runs and many other inter-club runs and activities.

MEMBERSHIP APPLICATION

Please print clearly

FOR OFFICE USE ONLY (Web)

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 (E-mail not published in Club Directory)

FIRST YEAR.....\$30.00 (\$20.00 Annual Individual Membership Fee plus a *one time* Application/T-shirt fee of \$10.)

EACH YEAR AFTER..... **\$20.00** Annual Individual Membership Fee

ANNUAL FAMILY(related and living in the same household) **\$25.00** Membership Fee plus a *one time* Application/T-shirt fee of \$10 per person. (i.e. 2 MEMBERS = \$45.00, 3 MEMBERS - \$55.00, etc.) EACH YEAR AFTER..... **\$25.00** plus \$5 per person over 2

Waiver: Annual dues in the *Northport Running Club* are as listed above which includes a subscription to the RRCA's quarterly magazine, *Club Running*, 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*, their officers, 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 _____