



SAN LUIS DISTANCE CLUB MEMBERSHIP APPLICATION

The San Luis Distance Club was formed in 1974 by a group of local residents to promote distance running in San Luis Obispo County. The activities of the club include the sponsorship of races within the county, fielding teams at various levels of competition, and conducting youth and open track and distance workouts. Membership is open to all ages and ability levels and the club is affiliated with the national Road Runners Club of America and the Pacific Association of USA Track & Field. Dues are \$25/year on a calendar year basis and are pro-rated by quarter for new members (i.e. those joining from April-June would pay \$18.75, July-September pay \$12.50, and October-December pay \$6.25). There is no charge for additional people in the same family. Members receive e-mail updates, discounts at local running stores, and a newsletter that has information about upcoming events, local running news, and race results. If you are interested in becoming a member, please complete the information below and send it, along with your dues, to the San Luis Distance Club, Post Office Box 1134, San Luis Obispo, CA 93406-1134. The waiver is at the request of the national RRCA and is needed to meet insurance requirements that cover club activities.

NAME _____ AGE _____ BIRTHDATE _____

MAILING ADDRESS _____

CITY/ZIP _____

TELEPHONE NUMBER _____

E-MAIL _____

Races attended and/or other information about yourself:

1. _____

2. _____

3. _____

WAIVER: I know that running and volunteering to work at club races are potentially hazardous activities. I should not 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 a run. I assume all risks associated with running and volunteering to work in club races including but not limited to falls, contact with other participants, the effects of the weather (including high heat and humidity), the conditions of the road, 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 acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the San Luis Distance Club, and their sponsors, their representatives, and their successors from all claims and liabilities of any kind arising out of my participation in club activities even though that liability may arise out of carelessness or negligence on the part of the persons named in this waiver.

R.R.C.A. CODE OF CONDUCT: Members will always show respect for other members and race volunteers. No member is to yell, taunt, or threaten another club member, volunteer, or event spectator. Members are not to use abusive or vulgar language or make racial, ethnic, or gender related slurs or derogatory comments at club events or make unwanted contact, physical or otherwise, with other members.

SIGNATURE

PARENT'S SIGNATURE (if under 18)

DATE: _____



Do you also want to be a member of the SLO Trail Runners within SLDC?

Yes No If you checked yes, please add \$25 to your membership fee.

SLO Trail Runner benefits include:

- One pair of Drymax socks
- 10% discount at Running Warehouse (Running Warehouse will rebate another 10% back to the Trail Runners)
- Invitations to membership-only events
- Opportunities to buy club merchandise
- Club newsletter (in addition to the SLDC newsletter)
- Tons of fun on the trails with some great folks!