



# Membership Application

## Club Information

The Lakeland Runners Club, Inc. (LRC) is a volunteer based, non-profit corporation committed to promoting running, walking and fitness in Polk County, Florida. The Club hosts numerous races and events throughout the year which are open to runners and walkers of all interest and skill levels. LRC invites you to join our organization to connect with your community and start and/or continue your path to a healthy and rewarding running/walking experience.

## Member Benefits

- A fun and open social group providing training and fellowship opportunities to runners and walkers of all skill levels.
- \$25.00 credit voucher to be used for any LRC race entry (allow three weeks).
- Free LRC club shirt voucher.
- Monthly club gatherings offering free food and informational speakers.
- Weekly group training runs, conditioning runs, fun runs and social gatherings.
- Frequent Miler Program (volunteer awards program)
- Monthly club e-mails featuring information on upcoming races, training tips, and other things LRC.

## Member Information

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_ DOB: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
 Membership Renewal: \_\_\_\_\_ New Member \_\_\_\_\_

Please circle each of the following that applies:

Student: \$5 (18 & under)      Individual: \$25      Family: \$35      Total Amount Enclosed \_\_\_\_\_  
 Family Members' Names: \_\_\_\_\_ DOB \_\_\_\_\_ M \_\_\_ F \_\_\_ email \_\_\_\_\_  
 (Family Membership only) \_\_\_\_\_ DOB \_\_\_\_\_ M \_\_\_ F \_\_\_ email \_\_\_\_\_  
 \_\_\_\_\_ DOB \_\_\_\_\_ M \_\_\_ F \_\_\_ email \_\_\_\_\_

Sign up online at: <http://lakelandrunnersclub.org/> or fill out form and send to address below

Make checks payable to: **Lakeland Runners Club, Inc.** and mail to:

Lakeland Runners Club, Inc.  
 P.O. Box 1484  
 Lakeland, FL 33802

## Waiver

I, the undersigned, certify that I understand that my participation in any LRC race and/or activity involves potentially hazardous activities. I agree that I shall not participate in any LRC race and/or activity unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to participate in any race and/or activity. I assume all risks associated with participating in and/or volunteering for any LRC race and/or activity including, but not limited to, equipment usage, falls, bodily contact, affects of weather and/or acts of God, road and traffic conditions, and all such risk being or which should reasonably be known and/or appreciated by me. Having read this waiver and knowing these facts, and in consideration of LRC's acceptance of my application for membership, I, myself, my heirs, assigns, agents, and/or anyone acting on my behalf, hereby waive and release the Lakeland Runners Club, Inc., the Road Runners Club of America and all sponsors, their representatives, successors, and assigns from any and all claims or liabilities of any kind arising out of my participation in any LRC race and/or activity, even though such liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Date : \_\_\_\_\_

If under 18 years old, a parent or legal guardian must sign:  
 Minor: (Print Name) \_\_\_\_\_  
 Parent/Legal Guardian: (Print Name): \_\_\_\_\_  
 Signature: \_\_\_\_\_