

ShadowChase promotes running, jogging and walking in the Modesto area

- lectures and clinics
- information about regional running activities
- an opportunity to meet and share with other runners, joggers & walkers
- fun runs and seasonal races
- monthly newsletter
- participation in the club's Grand Prix series, with year-end awards
- occasional meetings and get-togethers
- access to the ShadowChaseYahoo group. Join our facebook page.
- 10% discount at Valley Sporting Goods on running-related sporting goods
- 15% discount at www.runningwarehouse.com
- 10% discount at www.zombierunners.com

MEMBERSHIP APPLICATION FORM

Please print:

Your name _____
Last First Middle Initial

Name, age and birthdate of family member, if family membership _____

Name, age and birthdate of family member, if family membership _____

Name, age and birthdate of family member, if family membership _____

Name, age and birthdate of family member, if family membership _____

Are you a beginning runner, jogger or walker? _____

Address _____
Street City Zip

Phone: Business _____ Home _____ Cell _____

Your birthday _____ Age _____ Occupation _____
Month Day Year

E-Mail: _____ check here if you want to receive the newsletter via e-mail

Annual dues for the ShadowChase Running Club are Single \$20; Student \$10; Family \$30.

Signature _____
Must be signed by a parent or legal guardian if member is under 18

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 to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions 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 Road Runners Clubs of America, the ShadowChase Running Club, and all of their 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. I also grant ShadowChase the right to use my likeness as a photo or digital image to promote the club.

Mail to: Secretary
ShadowChase Running Club
PO Box 3605
Modesto CA 95352

**Make Checks Payable To:
ShadowChase Running Club**

(membership year runs from Jan. 1-Dec. 31)