

The club promotes running, jogging and walking in the Modesto area

- lectures and clinic,
- information about regional running activities
- an opportunity to meet and share with other runners and joggers
- seasonal races and fun runs
- ShadowChase Grand Prix race series
- monthly meetings and get-togethers
- 15% discount at RunningWarehouse.com
- 10% discount at Valley Sporting Goods on running-related goods

Our members represent a broad range of running interests. Some walk or jog an occasional mile or less, a few are accomplished triathletes, marathoners or ultra-marathoners. But most of us regularly run some convenient distance at some moderate pace that matches our individual needs and abilities.

We invite you to support and share this activity by joining our membership. If you need more information, contact Charlie Johnson at (209) 526-1005 or Heidi Ryan at (209) 524-7110.

ShadowChase Running Club APPLICATION FOR MEMBERSHIP

Please print

Name _____
Last First Middle Initial

Address _____
Street City Zip

Phone: Business _____ Home _____

Birthday _____ Age _____ Occupation _____
Month Day Year

E-Mail _____ Check if you'd like to receive the newsletter by 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.

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

**Make Checks Payable To:
ShadowChase Running Club
(All memberships expire Dec. 31.)**