

Raritan Valley Road Runners Membership Application

Complete this form, make check payable and return to: **RVRR, PO Box 1197, Edison NJ 08818-1197**
Include a self addressed stamped business size envelope to receive your membership card.

Dues (check one): \$21 Individual \$18 age 62/over \$12 age 18/under
plus \$6 for each additional member at the same address

1st Member Information:

Name: _____ Miles/Week: _____ Training pace: _____/min/mile

Date of Birth: ___/___/___ Phone: (____) ____-____ home office cell

Newsletter Preference: Please use regular mail Please email the newsletter to me

E-mail: _____

Mailing Address: Street: _____

Town: _____ State: _____ Zip: _____

2nd Member Information:

Name: _____

Date of Birth: ___/___/___

Weekly mileage: _____ Training pace: _____/mile

Phone: (____) ____-____ office cell

E-mail: _____

3rd Member Information:

Name: _____

Date of Birth: ___/___/___

Weekly mileage: _____ Training pace: _____/mile

Phone: (____) ____-____ office cell

E-mail: _____

RVRR carries insurance for members in good standing, covering club running events and general meetings. Each new member should read and sign the following:

I know that participating in and volunteering for club races and events are potentially hazardous activities. I assume all risks associated with running and volunteering including, but not limited to, falls, contact with other participants, the effects of 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.

I understand that bicycles, baby joggers, skateboards, roller skates or blades, animals, and radio headsets are not allowed in club events, and I will abide by this guideline. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Raritan Valley Road Runners Club, Inc., and all 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 RVRR or the RRCA.

SIGNATURE _____

DATE SIGNED: _____

SIGNATURE _____

DATE SIGNED: _____

The Raritan Valley Road Runners is a group of women and men of all ages and abilities who organized a club to add to their enjoyment of running. Today, RVRR is a highly respected club in the NJ and US running scene. We help organize several local races, including the RVRR cross country Summer Series and the East Brunswick Road Races.

Our Wednesday night run in Highland Park is one of the nation's "longest running" regularly scheduled group runs, with a streak of consecutive weeks that stretches to our origins in the spring of 1983 (over 1380 weeks!) Come rain, ice, snow, or shine, RVRR runners gather at 6:30 PM on a Wednesday to carry on the tradition.

Our members come from nine NJ counties and average over 250,000 miles a year. We have competitive teams in the men's, women's and master's divisions. The club is the overall USATF state champ for 2009, and many teams placed in the top three in the state. Our 60's men are the 2010 *national* cross country champions, and placed sixth in the *world* in 2007!

Club workouts are available throughout the week to enhance your training. Our Wednesday run leaves from the Reformed Church of Highland Park (9 South 2nd Ave) at 6:30 PM. Our Saturday runs leave from Grove 5 in Johnson Park at 8 AM in the summer and from the Zoo area at 9 AM in the winter. Plan on joining us soon!

Visit us at www.rvrr.org!

Follow us on Facebook!

Email us at RVRR@rvrr.org!



The running club for New Jersey

RVRR



Membership Application

E-mail
rvrr@rvrr.org

Web Address
www.rvrr.org

RVRR

Benefits of Membership

Membership in RVRR Means

- ✦ A way to find running partners and experience new places to run in NJ.
- ✦ A source of training advice and workout schedules.
- ✦ Regular group runs on measured courses.
- ✦ Special events, including overnight trips to road races, club relay runs, social activities, etc.
- ✦ Discounts on running shoes and gear at area merchants.
- ✦ Car pools to local races, and group support at the finish line.
- ✦ An opportunity to compete as a member of the RVRR team.
- ✦ A website and newsletter with a calendar of club activities, local races, club news and running commentary.
- ✦ Club meetings that feature speakers and “hands-on” events.
- ✦ An opportunity to assist the club at it’s races, events, and community activities.
- ✦ Club membership in USATF and RRCA, and the *Footnotes* magazine.
- ✦ Memories of a lifetime...

Raritan Valley Road Runners
PO Box 1197
Edison NJ 08818