

OCEAN RUNNING CLUB FORM 2023

NEW this year, sign up or renew at --
[Runsignup.com](http://runsignup.com)

<http://runsignup.com/Club/NJ/islandHeights/OceanRunningClub>



Club News Flash
www.oceanrunningclub.org

Website:

Track workouts
 w/finale party) the Best!
 College Scholarships

Summer Series (July

45th. Seaside Half Marathon

Facebook updates, join in

Discount- Summer Series 10% Discount at selected
 Running Stores

Club meetings

camaraderie between runners

The best friends you'll ever have! Holiday Runs, Weekend

Runs

Family Membership \$20 -OR- Individual Membership \$15
 first time EVER a member Y - N

Name _____ D.O.B. _____ M/F _____
 Family _____ D.O.B. _____ M/F _____
 _____ D.O.B. _____ M/F _____
 _____ D.O.B. _____ M/F _____
 Street _____
 City _____ ST _____ Zip _____
E-mail _____ Phone _____

Would you be interested in Volunteering, (sure you do) _____

Club Membership Application Waiver

I know that running & volunteering to work at club events may be potentially hazardous activities and that I should not participate unless I'm medically able. I assume all risks associated with running & volunteering and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, the Ocean Running Club, its officers, members and race volunteers, and all sponsors, their employees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____
 (If under 18 years of age – Parent/Guardian must sign)

Make Check payable to: Ocean Running Club

Mail to: Ocean Running Club, PO Box 991, Island Heights, NJ 08732

MEMBERSHIP FORM 2023

