



# INSIDE TRACK RUNNING CLUB

Running Ventura since 1976

Inside Track Running Club is a social club for runners of all abilities. Join the club and join the fun!

## Yearly Membership Includes:

- Four weekly club runs: Saturday long run, Tuesday interval workout, Sunday easy run, Thursday hill run
- Inside Track Running Club T-shirt
- Other runs posted on ITRC Facebook
- Quarterly socials and events

Membership Fee: \$60/individual; additional household member \$25. Membership is valid throughout the current calendar year.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Cell \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Cell \_\_\_\_\_

Shirt Size (circle size & gender) Men's / Women's XS S M L XL

## Liability Waiver

I acknowledge that I have voluntarily applied to be a member of the Inside Track Running Club, (hereinafter "the club"), and I am aware that running or walking in and volunteering for organized group runs, social events, and races associated with the club are potentially hazardous activities. I will not participate in any club organized events, group training runs or social events unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. I assume all risks associated with being a member of the club and participating in all club activities, which may include are but not limited to falls, physical contact with other members, participants, volunteers, or race personnel. I assume all risks including the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I assume all such risks being known, appreciated, and accepted by me.

Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Inside Track Running Club, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the club activities, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of the club for any legitimate purposes. I understand that the club does not provide for refunds in the event of cancellations of services, and by signing this waiver, I consent that I am not entitled to a refund if any club activities including events are cancelled.

Signed \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Guardian if under 18)

Make checks payable to: Inside Track Running Club  
www.insidetrackrunningclub.com



#insidetrackrunningclub  
ITRCventura@gmail.com

Office use only: T-shirt size \_\_\_\_\_ Check # \_\_\_\_\_ Amount \_\_\_\_\_ Initials \_\_\_\_\_ 2023 Form