



## Greater Framingham Running Club New Membership and Renewal Form



To join or renew your membership, please read the club membership waiver, fill out the form below, and mail it along with a check for the appropriate membership fee to the Membership Director.

### Membership Types:

| Years | Individual | Family   |
|-------|------------|----------|
| 1     | \$25.00    | \$30.00  |
| 3     | \$54.00    | \$69.00  |
| 5     | \$75.00    | \$100.00 |

**Please check one:**

- Individual Membership  
 Family Membership

Fee \$ \_\_\_\_\_  
 Donation \_\_\_\_\_  
 Total Paid \$ \_\_\_\_\_

### Complete one line for each member

| NAME (print) | DOB | Gender | Pace | Email |
|--------------|-----|--------|------|-------|
|              |     |        |      |       |
|              |     |        |      |       |
|              |     |        |      |       |
|              |     |        |      |       |

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

Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

I know that running and volunteering 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 weather, including high heat and /or humidity, the conditions of the road and traffic on the course, trail running hazards, 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 Club of America, USA Track and Field, the Greater Framingham Running Club, 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 persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any record of me for any legitimate purpose.

**Signature of each participant listed above  
(or parent if under 18 years)**

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**Please make check payable to: GFRC**  
**Mail to: GFRC/Mike Gannon**  
 4 Tinsdale Drive  
 Acton, MA 01720  
**For more information, email Mike at:**  
[membership@gfrcrun.org](mailto:membership@gfrcrun.org)

**Please list how you found out about us :**