



Kinderhook Runners Club, Inc.

Membership Application

The Kinderhook Runners Club (KRC) promotes the sport of running through a variety of activities in Kinderhook and surrounding areas. KRC seeks to encourage participation in running activities including clinics and educational programs for runners of all abilities, weekly club runs, sponsorship and support of local races, and team participation in races ranging from 5K to marathon distances.

Annual Dues (First Time Member)
Individual Membership = \$20
Family Membership = \$25

Renewal Dues
Individual Membership = \$10
Family Membership = \$15

Name _____ Sex (Circle): Male Female

Address _____

City _____ State _____ Zip _____

Date of Birth ____/____/____

Phone _____

Email _____

For family membership, provide the following:

Name _____ Relationship _____ Sex _____ DOB _____ Email _____

Name _____ Relationship _____ Sex _____ DOB _____ Email _____

Name _____ Relationship _____ Sex _____ DOB _____ Email _____

Club Membership Application Waiver

Each applicant (or parent or guardian for applicants under 18) must read, agree to, and sign this agreement:

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate in club activities unless I am medically able and properly trained. 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, all such risks being known and appreciated by me. I hereby for myself, heirs, executors, or assigns waive and release any and all claims I may have against the Kinderhook Runners Club, Inc. its officers, directors, or membership, the State of New York, or any race official or participant for any injury, illness or property loss which might occur to me while competing in, traveling to, or returning from any event sponsored by the club. I/we the undersigned have read and understand this waiver (Parent or guardian must sign for members under 18 years of age):

Signature _____ **Date** ____/____/____

Signature _____ **Date** ____/____/____

Signature _____ **Date** ____/____/____

Signature _____ **Date** ____/____/____

Mail application and check (made payable to Kinderhook Runners Club) to:

Kinderhook Runners Club, Inc.

PO Box 241

Kinderhook, NY 12106-0241

Visit us online at www.kinderhookrunnersclub.com

The Kinderhook Runners Club is proud to be sponsored by

