



Lima Run 'N Jog Club

Any runner, walker, supporter, spectator, coach, official, or athlete is welcome to join.

Meetings are usually held on the first Tuesday of the month.

The Lima Run 'N Jog Club supports and provides services to many local road races.

The Lima Run 'N Jog Club provides members with a newsletter that includes entry forms for area races.

Members of the Lima Run 'N Jog Club may receive Lima YMCA membership discounts.

Membership Information:

The Lima Run 'N Jog Club is part the RRCA (Road Runners Clubs of America). **All memberships expire on September 30th.** All memberships include all family members at the same address.

Join During	Oct Nov Dec	Jan Feb Mar	Apr May June	July Aug Sept
Amount Owed	\$15.00	\$12.00	\$10.00	\$5.00

For Information Call:

Susie Motter 419-568-7255 or e-mail limarunnjog@hotmail.com

Or visit us on the web: www.limarunnjogclub.com

Lima Run 'N Jog Club Membership Form

Please Print the Following Information and send to:

Amount Paid: _____

Make Checks Payable to: **Lima Run 'N Jog Club**

Mail to: Susan Miller, 2567 Burch Ave., Lima, OH 45801

Primary Name: _____ Birthday _____

Street Address: _____ City _____

State: _____ Zip: _____ Phone: _____

Email: _____

Family Members:

Name: _____ Birthday _____

Name: _____ Birthday _____

Name: _____ Birthday _____

Name: _____ Birthday _____

Club Waiver:

I know that running and volunteering to work 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 a run. I assume all risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other people, the affect of weather, including high heat and/or humidity, the conditions of roads and traffic on running courses, 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 membership, I, for myself and anyone entitled to act on my behalf, waive and release the Lima Run 'N Jog Club and its officers and agents, all sponsors, their representatives and successors including the RRCA, its officers, directors, agents, and employees, from all claims and liabilities of any kind out arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in the waiver.

Signature: _____

Date: _____