



Application for Membership

The purpose of the Triple Cities Runners Club (TCRC) is to promote and support all avenues of running in our local area and be a driving force in uniting, strengthening, and growing our running community. We welcome runners of **all** abilities: beginners, fitness, seasoned veterans, and competitive. Learn more about the TCRC, races, and the local running scene at: www.triplecitiesrunnersclub.org or at the [TCRC Facebook Page](#).

What the TCRC does for you

Joining the TCRC is easy, inexpensive, and loaded with benefits. As a member, you'll enjoy:

- ✓ The camaraderie of other local runners at group runs, workouts, races, and social events
- ✓ Support and encouragement for your running, whether you're competitive, recreational, or somewhere in between
- ✓ Discounts on certain TCRC sponsored races and our annual dinner; free entry into the January Freeze 10k series and TCRC summer track meets.
- ✓ Insurance coverage for the Jan. Freeze 10K series, weekly workouts, and the TCRC track meets
- ✓ Inclusion in members-only social and educational events during the year
- ✓ An invitation to join the TCRC on Facebook to communicate directly with other club members/runners
- ✓ Eligibility to vote at the TCRC annual meeting and to hold office

How to apply for Membership

You have two ways to apply. You can sign up online at: <https://runsignup.com/Club/NY/Binghamton/TripleCitiesRunnersClub>. Or you can fill out this form, sign the waiver, and mail the form with payment to: TCRC, 1130 Vestal Ave, Binghamton, NY 13903.

Membership Types and Fees

We offer individual adult or junior memberships and family memberships. Memberships cover the calendar year (1/1 – 12/31). New members who join between November 1 and December 31 will receive membership through the next calendar year (e.g., 10/31/18-12/31/19).

Regular Adult Membership (Age 22 or older at time of joining or renewal): \$20

Junior Membership (Age 21 or younger at time of joining or renewal): \$10 (or \$1 if under a family membership – see below)

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____

Phone Number _____ E-Mail Address _____

Adult Junior Sex M F (Circle one) Date of Birth _____

Do you want to be added to the TCRC E-Mail list? Y N May TCRC contact you for volunteer opportunities at local races/events? Y N

Family Membership:

Family membership includes the above adult member and up to 5 other household members for a total fee of \$25. For family members beyond 6, please add \$5 for each adult and \$1 for each junior. The \$25 fee includes no more than 2 adults.

Additional family members

Name M F Date of Birth Adult Junior

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Total Dues (\$20 Adult, \$10 Junior, \$25 Family of 6 or fewer; Additional Adult/Juniors at \$5/\$1) \$ _____

Optional Tax Deductible Donation* \$ _____

Total Amount \$ _____

* A receipt will be sent to you verifying your donation.

All adults and the parent or guardian of all juniors must sign the waiver below.

I join the Triple Cities Runners Club (hereafter referred to as TCRC) at my own risk and understand that running or volunteering in a road race and/or participation in track events are potentially hazardous activities which could cause injury or death. I certify that I am physically fit and have trained sufficiently for the events in which I will participate and am aware of the stresses inherent in that participation. I recognize that I should not enter and run unless I am medically able and properly trained and, by my signature, I certify that I am medically able to perform any event which I enter, am in good health, and am properly trained. I agree to abide by any decision of a club or race official relative to any aspect of my participation in any TCRC event, including the right of any official to deny or suspend my participation for any reason whatsoever.

I assume all risks associated with running, volunteering and otherwise participating in club races and events, all such risks being known and appreciated by me, said risks including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road and release the TCRC, any affiliated sponsoring bodies, including Road Runners Club of America, USA Track and Field Association, their agents, employees, representatives and/or affiliated or parent organization and any sponsoring organizations from any and all claims, demands, damages, causes of action, liabilities or expenses of any kind which occur either directly or indirectly as a result of or in connection with my participation in the event, even if such results from negligence, fault or carelessness of the sponsoring organizations.

I understand that bicycles, skate boards, baby joggers or carriages, roller skates or blades, animals and devices with headsets and/or earbuds are not allowed in any TCRC event and their use can result in disqualification from a race. I will abide by and assist in the enforcement of this guideline.

I recognize that, in consideration of the TCRC acceptance of my application for membership, I, for myself, and anyone entitled to act on my behalf, waive and release the TCRC and all sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities, even though that liability may arise out of the negligence or carelessness on the part of the organization named in this waiver. This release shall be binding upon my heirs, administrators, successors, and assigns and shall inure to the benefit of the successors and assigns of the sponsoring organization. By this release, I fully intend to discharge the said organization from any and all injuries or losses suffered by me while participating in and traveling to and from any event sponsored by the TCRC.

Signature Date

Print Name Date

Signature of parent or guardian (required for all junior applicants) Date