



Island Running promotes and encourages running as a competitive sport, and it improves fitness and health by supporting running and jogging. In furtherance of our purpose, the Club promotes and conducts races, hosts group runs, fun runs, training runs and programs on the road and/or track, hosts running events, hosts education lectures about topics of interest for runners, provides awards for club members, hosts social events for members, and all such other things as may be conducive to the encouragement of running. The Club also engages in community activities, to publicize by appropriate means, the benefits of running as a means of physical fitness to improve the health status of people in our community.

Island Running is a non profit organization filed under the Road Runners Club of America.

We encourage all our members to support all local running clubs and shop at their local specialty running stores. Thank you for supporting the **Island Running Club**

**Print Name** \_\_\_\_\_ **E mail** \_\_\_\_\_

**Address** \_\_\_\_\_

In consideration of you accepting this membership, I, the member, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Club, RunClubSignup.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after participating in the club. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I certify as a material condition to my being permitted to join this club that I am physically fit and sufficiently trained for participation in club events and that my physical condition has been verified by a licensed Medical Doctor. By submitting this membership form, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Make check for \$25 and payable to Island Running Inc., 164 Oak Drive, Baiting Hollow, NY 11933

Would you like to be listed as a volunteer?      Group leader?