



- RUNNERS AND JOGGERS -

Join the NORTHPORT RUNNING CLUB for running partners, motivation, training assistance, racing teams, social events, and more!

If you are interested in fun runs, competitive races, marathons, 5Ks, triathlons, or just keeping fit, check out the NORTHPORT RUNNING CLUB. Since 1977, NRC has offered runners and joggers of all ages and abilities a friendly atmosphere to connect with other runners in the community. NRC welcomes individuals and families and has a diverse group of over 400 members from across Long Island.

What Does NRC Offer?

- Monday Night Run Series
- Tuesday Night Track Workouts
- Thursday Night Hill Workouts
- Saturday Morning Distance Runs
- Sunday Morning Distance Runs

Team Competition – Latino Relays, Ocean to Sound, LITF Grand Prix Series, more...

6-Week Great Cow Harbor 10K
Specific Training

Monthly Newsletter – *Split Times*

Running and Social Events
Monthly Meetings with Guest Speakers

Summer Club/Party Meetings
Holiday “Party Animal”
Series

Trans Fire Island Run
December Holiday Party
Presidents’ Day Run
St. Patrick’s Pub Crawl
Monday Night Run Series

NRC Club Apparel and Racing Uniforms

Fun runs, Trail runs,
“Change of Scenery” runs

Triathlon and Cross Training

Weekly E-Mail Updates

State Park Summer Series Gatherings

Road Trips to Local Races

Organization of Local Community Races

Latino 4x2 Mile Relays
Doug Wood 5K
Great Cow Harbor 10K
Veteran’s Day 4K
Tough Cookie Race
Maggie’s Mile

Contact us for additional information on our events or membership:

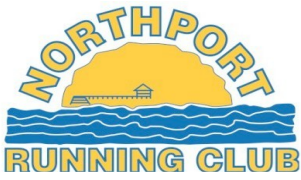
website: www.nrcrun.org - email: membership@nrcrun.org – or facebook



Club #59-0924



Club #163



NORTHPORT RUNNING CLUB

MEMBERSHIP APPLICATION

The NORTHPORT RUNNING CLUB was founded in April 1977 to promote and encourage running at all levels of ability. Membership is available to individuals or families. All members receive a monthly club newsletter and Monday notice of club events via email

CLUB ACTIVITIES INCLUDE:

- January:** Maggie's Mile – A one mile race to benefit MaggiesMission.org
- February:** The Joe Latino Winter Relays – A fun event open to any team of three; each leg is 2 miles.
- April:** The Doug Wood Memorial 5K - A challenging trail run through the Makamah County Nature Preserve named in memory of former member Doug Wood.
- June:** Northport Nautical Mile – A 1.15 mile downhill race in Northport Village
Sunken Meadow Park 2.5 Mile Cross Country Race – held on the fourth Thursday of June
- August:** Great Cow Harbor 10K Training Runs – Six weeks of training and tips to run your best Great Cow Harbor 10K.
- September:** The Great Cow Harbor 10K - one of the biggest events on Long Island with 5,000 runners racing through the streets of Northport. This race has been recognized by *Runners World* as one of the top 100 road races in the country.
- November:** The Veteran's Day Cross Country Race. This 4K Race sends over 400 runners across the golf course of the Northport Veteran's Hospital. All proceeds go to the Hospitalized and Homeless Veterans at the Hospital.
- December:** Tough Cookie Run - 8k run through tough wooded trails in Sunken Meadow Park
- **Weekly Club Runs** - Tuesday evening track workouts, Thursday evening hill workouts, Saturday morning cross-country runs in Sunken Meadow State Park (two different groups), and Sunday morning runs with distances of 3-12 miles.
- **Club Meetings** - Held on the fourth Wednesday of the month. Great summertime meetings held at members' homes.
- **Team, Running, and Social Events** - Long Island Track and Field Grand Prix and Track & Field series, team racing events, Long Island Marathon, Trans Fire Island Run, President's Day Run, Valentine's Day Weekend at Arrowwood, Monday Night Run Series, group trip to Leatherman's Loop 10K, Shelter Island 10K Run Bus Trip, cross training opportunities, and many other inter- club runs and activities.

make Check Payable and mail to: Northport Running Club P.O. Box 554 Northport, NY 11768

Name(s) _____

Address _____ Town _____ State _____ Zip _____

Home Phone () _____ - _____ Birth Date _____ Sex [M] [F] Tee Shirt Size [S] [M] [L] [XL]

Occupation _____ How often do you run? _____ How many miles? _____ Do you race? _____

E-mail Address* _____ -> Home -> Work

- Please write neatly, your e-mail address is for club use only and is required to receive the NRC newsletter, weekly updates, and club communications.

ANNUAL MEMBERSHIP FEES (membership term is 4/1-3/31)

One Individual.... \$30.00

Family Memberships (must be related and living in same household)

Family of Two...\$35 Family of Three...\$40 Family of Four...\$45 Family of Five...\$50 Family of Six... \$55

Annual dues in the Northport Running Club are as listed above. A portion of this amount is for a subscription to the RRCA's quarterly magazine, *Footnotes*, for one year. I know that running and volunteering to work in club races and events 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 and events including, but not limited to, falls, contacts with other participants, the effects of weather including high heat and or humidity, dehydration, the condition of the road and traffic on the course, 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 Northport Running Club, the Road Runners Club of America, and USATF, their officers, and all sponsors and representatives, from all claims or liabilities of any kind arising out of my participation in the club activities. I grant permission to NRC to use my photos, videos, recordings or any other record for any legitimate promotional purposes of the club. Submission of this form and my (our) signatures signifies acceptance of the conditions as listed above.

Signature _____ Date _____

Signature _____ Date _____

Parent Signature (If under 18) _____ Date _____