

# Membership Application Tri-Valley FrontRunners



**Tri-Valley Front Runners (TVFR)** is a running club that welcomes runners of all ages and abilities, from the recreational runner to the serious competitor. Tri-Valley members meet on the first Thursday of each month at 7:00 pm at Pinz in Milford. Everyone is welcome to attend the monthly meetings. Weekly track workouts are held on Wednesday evenings at 6:30 from April through September as well as weekly group runs. The Club sponsors several races during the year, including the **Boston Tune-Up 15K in Upton**, **The Larry Olsen Summer Classic 10K**, **The Woodland Trail Series** and the **Dam Cure Run**.

**TVFR Membership Application:** There are two ways to join the Tri-Valley Front Runners club:

- Please fill out the application, sign the form and send to the address listed below.
- Register on line at: [Active.com](http://Active.com)

**Make check payable to Tri-Valley FrontRunners & Mail to:** TVFR  
PO Box 125  
Milford, MA 01757  
email address: [TVFRmembership@gmail.com](mailto:TVFRmembership@gmail.com)

**Annual Dues:** \_\_\_\_\_ \$15 Individual/Year      \_\_\_\_\_ \$20 Family/Year      \_\_\_\_\_ Junior (under 10) \$10  
                         \_\_\_\_\_ \$40 Individual/3 Years      \_\_\_\_\_ \$50 Family/3 years      \_\_\_\_\_ Super Vet (70+) No Fee

Name \_\_\_\_\_ Gender \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_ 10K Race Pace: \_\_\_\_\_ Miles/Week: \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

e-mail \_\_\_\_\_ Phone \_\_\_\_\_

List additional family members with Gender, Date of Birth (DOB) and approx Race Pace (4:30–12:00 min/mile)

Name \_\_\_\_\_ Gender \_\_\_\_\_ D/O/B \_\_\_\_\_ Race Pace \_\_\_\_\_

Name \_\_\_\_\_ Gender \_\_\_\_\_ D/O/B \_\_\_\_\_ Race Pace \_\_\_\_\_

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Name \_\_\_\_\_ Gender \_\_\_\_\_ D/O/B \_\_\_\_\_ Race Pace \_\_\_\_\_

Name \_\_\_\_\_ Gender \_\_\_\_\_ D/O/B \_\_\_\_\_ Race Pace \_\_\_\_\_

**WAIVER:** I agree that I am a member of Tri-Valley Front Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Valley Front Runners, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

By signing this waiver, you sign for yourself and for each member identified in your family membership.

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