

The Interurban Runners Club

Membership Application

Name(s): _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Day Phone: _____

Evening Phone: _____

Please do not list my phone number in directory.

Please add me to the email list

Date of Birth (M-D-Y) _____ - _____ - _____

New Renewal

Type of Membership:

Individual (\$15.00)

Family (\$17.00)

Student (\$ 5.00)

(Age 17 and under)

Please Indicate Interests:

Regular Workouts

5 & 10 k Races

Relays

Ultra Runs

Marathons

Waiver: I, my heirs, executors, administrators, and assigns waive, release and discharge any and all rights or damages against the Interurban Runners Club (IRC) and its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in IRC events. I attest that I have full knowledge of the risks involved in running and that I am physically fit and sufficiently trained to participate.

Signature (Parent or guardian if under 18)

Date

Please make checks payable to: Interurban Runners Club

Mail to: Interurban Runners Club

Membership Coordinator

P.O. Box 24882

Federal Way, WA 98093 – 1882

(Revised June 2011)