

Time to renew or join the club

Membership can be verified at www.caperoadrunners.org

Cape Girardeau Road Runners Membership Application

One Year Membership \$15 Two Year Membership \$25

Print, Fill out and mail to the below address



Your membership gets you \$5 off the **City of Roses Half Marathon** or \$2 off the **City of Roses 5K (one per family)**. You'll receive newsletters and race forms throughout the year. Your membership also gets you a membership with RRCA, which entitles you to their running magazine. **Members also get discounts at Missouri Running Co in Cape Girardeau (5% on shoes and 10% on nutrition and apparel) Massage Central provides a 10% discount on all their services for members. Discounts available at Cyclewerx.** Check our website for additions to this list!

(List yourself, spouse and children under age 21)

Name _____ D.O.B. _____

Name _____ D.O.B. _____

Name _____ D.O.B. _____

Name _____ D.O.B. _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Dues are (for 12 months - through December 2020): _____ \$15 Individual or Family

(for 24 months - through December 2021): _____ \$25 Individual or Family

_____ New Member

_____ Renewal

Recruited by _____

PLEASE SIGN WAIVER BELOW, MAKE CHECK PAYABLE TO Cape Road Runners AND SEND TO:

CAPE ROAD RUNNERS

Membership

P.O. Box 2325

CAPE GIRARDEAU MO 63702

I know that running and volunteering to work in club races 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 including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions 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 Road Runners Club of America, the Cape Girardeau Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature and Date _____

Parents signature if under 18 years old _____