



TIDEWATER STRIDERS RUNNING CLUB MEMBERSHIP APPLICATION

Membership Type (check appropriate choice)

New Member		Renewal		Address change	
Individual	2 year individual	Additional Family Member	Youth (18 & under)	Golden Runner Entry all Tidewater Strider races	Youth Golden Runner (18 & under)
\$18.00	\$34.00	\$6.00 (each per yr)	\$12.00	\$160.00	\$100.00
Name: (Last, First, M.)					
Address:					
City:			State:		Zip:
Phone: (Home)			(Work)		
Birthdate:			Member since:		
Sex: (M or F)			Email Address: *		
Additional Family Memberships					
Name (Last, First, M.):		DOB:		Sex:	

Memberships expire the last day of the month after receiving your 12th *Rundown*

Make check or money order (no cash) payable to: **Tidewater Striders**. Mail application, fees and self-addressed stamped envelope to:

Tidewater Striders (Membership)...P.O. Box 2121...Chesapeake, VA 23327-2121
Please allow 4-6 weeks for processing

AARC CLUB MEMBERSHIP APPLICATION WAIVER (ALL MEMBERS MUST SIGN THE WAIVER BELOW) 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 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 American Association of Running Clubs, the Tidewater Striders 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.

* Your email address will only be used to inform you that your membership is due to expire and will NOT be sold or distributed to any third party.

Signature:

How did you hear about us?

Parent's signature:
(if under 18 yrs old)

I would like to donate \$
to the Scholarship/Youth Fund