Gate City Striders

Member Application and Membership Renewal Form

Mail To: Gate City Striders, PO Box 3692, Nashua NH 03061

First Name:			Last Name:
Address:			
Town:		State:	Zip:
M/F:	DOB:	Waiver Signature:	
Phone:		Email:	

Membership Type NEW |__| Single 1 year $25 |__|
Family 1 year $35 |__|
Renewal |__| Youth 1 year $10 |__|

Note! You can join or renew online
www.signmeup.com/97690

(Family membership means in same household)
If Family membership, please list additional members who may participate in club activities.

First Name	Last Name	M/F	Birthdate	Email Address	Signature

WAIVER,

I know that running, volunteering at Gate City Striders (the "club") races and participating in club events are potentially hazardous activities. I should not enter, run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete a run or take part in any event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with another person, high heat and/or humidity, the conditions of the road and traffic on a course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration for the Gate City Striders accepting my application for membership or a renewal of membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gate City Striders Inc, 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 the negligence or carelessness on the part of a person or entity named in this waiver.(Parent/Guardian must sign above for those under age 18)

Volunteer Opportunities:

For more details on the below events please visit:
http://www.gatecity.org/gcs_Big_Med/bm/volunteering/volunteeropportunities/index.shtml

GCS Members are highly encouraged to volunteer wherever and whenever possible.
Please check next to the following events that you will consider volunteering for:

Freeze Your Buns 5 race Series - January & February - Nashua, NH	
Mine Falls Clean-Up - Spring – Nashua, NH	
Pack Monadnock - June - Wilton, NH	
Summer Trail Series - June, July & August - Nashua, NH	
Fitness University - June & July - Various Locations	
Chase Corporate Challenge 5k - June - Boston, MA	
Cigna/Elliot Corporate 5k - August - Manchester, NH	
GCS Marathon and Relay – May – Nashua, NH	

Questions – Contact Trevor Ward member@gatecity.org