



You're invited to join...

# The Highland City Striders

**Marlborough & Hudson's Finest (and only) Running Club**

Online [www.highlandcitystriders.org](http://www.highlandcitystriders.org) E-mail: [highlandcitystriders@comcast.net](mailto:highlandcitystriders@comcast.net)

**Who are the Striders?** We are a group of local runners of all abilities, fast & slow, young & old, casual & competitive, who have joined to encourage each other through training, events, friendship, and fun. Our mission is to advance the sport of running and the health & fitness benefits it brings.

**What do we do?** Casual training runs, track & hill workouts, informal coaching & mutual assistance, attending and staging running and racing events, social events, and fun.

**Why join us?** Nothing encourages you to get out for that run like a friend to go with you! Join us for fun, exercise, and camaraderie. There are no commitments. You'll be updated on our workouts and events and join our community of interest. Join our events when you can. The real question is, "Why *not* join?"



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Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ M/F: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Home Phone: (        ) \_\_\_\_\_ - \_\_\_\_\_ Cell Phone: (        ) \_\_\_\_\_ - \_\_\_\_\_

Email (Important! Our Primary Communication!): \_\_\_\_\_

New Membership: \_\_\_\_\_ Renewal: \_\_\_\_\_ Members must be 18 years or older.

Select: Individual (\$15): \_\_\_\_\_ 65 yrs and older (\$8): \_\_\_\_\_ (Dues are for the calendar year)  
Household (\$20): \_\_\_\_\_ **(List additional household members, gender, dates of birth on back)**

(Optional) Additional Support: \$ \_\_\_\_\_

The Highland City Striders is a tax-exempt 501(c)3 organization under the auspices of the Road Runners Club of America. Donations are tax deductible to the extent allowed by law. Dues are not tax deductible.

### Club Membership Waiver

I know that running and participating in club events and activities (both running and non-running events) are potentially hazardous activities. I should not participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of club or event officials relative to my ability to safely participate. I assume all risks associated with running or participating in club events and activities including, but not limited to, falls, contact with other participants, the effects of all weather, including but not limited to 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 Highland City Striders, Inc. and their officers, directors, and members, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in any club activities even though that liability may arise out of negligence or carelessness on the part of the parties named in this waiver.

\_\_\_\_\_  
Signature

Make checks payable to Highland City Striders, mail to:

Gretchen MacDougall (Secretary): 8 Rolfe Road, Marlborough, MA 01752