



ALL OUT RUNNER CONTACT INFORMATION

Name: _____
Address: _____
City: _____ ST: _____ Zip _____
Main Ph#: _____ Secondary #: _____
Email: _____ Birth Date: _____
Occupation (optional): _____ Shirt Size (Circle) S M L XL
Emergency Contact: _____ Emerg Contact #: _____

FAMILY MEMBERSHIP

Name: _____ Relationship: _____ Birth Date: _____
Name: _____ Relationship: _____ Birth Date: _____
Name: _____ Relationship: _____ Birth Date: _____

PERSONAL RUNNING AND TRAINING INFORMATION

Days/Week: _____ Normal Run Days: Su Mo Tu We Th Fr Sa
Preferred Training Areas: _____

Normal Training Pace (minutes): Ouch 6-8 7-9 8-10 9-11 10-12 11-13 12-14 13+
Races Distances Run: 5k 10k 15k 1/2 Marathon Marathon Ultra
Plan to Run: 5k 10k 15k 1/2 Marathon Marathon Ultra
I am interested in being a group run leader: Yes Maybe Sometimes No Heck No

CLUB INFORMATION

All Out Running was formed to provide runners with a team environment, a fun atmosphere and a place to share ideas and learn more about running. "All Out" is an attitude – how you go about your running. Do you have to be fast? No. If you are "all in" to running, then you are an All Out Runner.

What you can expect from All Out Running?

All Out Running Tech T-Shirt	Group Runs	All Out Running Race Discounts
Discount at The Running Center	Special Events / Speakers	Club Meetings / Social Events
Club Newsletter	Gathering Location at local races	RRCA Membership
Runner Matching	Online Calendar of Events	Online Discussion (coming soon)

MEMBERSHIP: (Fees include all applicable taxes)

Individual: \$35 (includes Tech T) Family: \$15 for each additional member
Membership Package: Mail In-store Pickup at The Running Center
Make check payable to: All Out Running Mail to: 19606 Amazon Basin Bend, Lutz, FL 33559

Check the website for additional information: www.alloutrunning.com or call (813) 956-8767

CLUB MEMBERSHIP APPLICATION WAIVER – (the fun and awesome legal stuff – sorry, we have to include it)
I know that running and volunteering to work in All Out Running races are potentially hazardous activities and I should not enter and run in All Out Running activities unless I am medically able and properly trained. I agree to abide by any decision of an All Out Running or race official relative to my ability to safely complete a run or race. 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 All Out Running, its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors agents and employees, 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
(Parents or Legal Guardians if under 18)