

MARK YOUR CALENDARS!!

- 3/19/2010 7PM
Club Social @ Mellow
Mushroom
- 4/17/2010
Celebrity Classic 5k/10k
- 4/24/2010
Midtown Classic 5k
- 5/1/2010
Run For Valley Haven
School 10.5k/5k/1mile
- 6/19/2010
Summer Solstice
5k/1mile
- Couch To 5k
Every Tuesday and
Thursday!!!
6:30PM @ Lakebottom

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Red Nose Race Report by John Nevels

I must admit, I'm a bit hesitant to post this as a race report, because I went into it and ran it with the mindset of just a usual training run, my last good long run before Mountain Mist, just two weeks away. The course could have been a very fast course for those trying to set new PR's, but with two 50k's only 10 and 18 days ago, respectively, and another in two weeks, I figured that running this one hard would probably only do more harm than good. In any case, since it was an actual race that I was lucky enough to win (barely), I guess I ought to give account, so here it goes:

First off, it's cold. When I left my apartment this morning it was something like 16 degrees outside with a solid wind, and when I heard someone give the temperature after I was done, it had only risen to 21 degrees. Not the most ideal running conditions for a born and bred Southerner...

After picking up a breakfast of champions, consisting of a chicken soft taco and 5-layer burrito from Taco Bell, I met up with a couple of friends in Auburn around 4am CST, and we made the short drive over to the race site, which took us into Eastern Time. When the race got underway at 7 (Eastern), it was still dark, and we could tell by the occasional gusts through the city streets that wind would be a major factor of the day during the long miles along the riverwalk.

From the get go, a guy jumped out front and sped off into the distance, and I tucked into my natural long run pace. I struck up a conversation with a biker who was

nice enough to ride beside me for the first few miles before peeling off to go help others find their way along the course. Truth be told, I'm pretty sure he was suffering from the cold worse than many of the runners, because the wind he had to deal with must have been brutal. When he began to turn



around, he told us that all we had to do was follow the riverwalk we were currently on.

Once our biker friend had departed, I, along with a guy who had been closely tailing me, put things on auto-pilot for a while. We almost got off course when the riverwalk forked, but fortunately we both had the presence of mind to suspect that the fork following the river more closely was probably correct, and our suspicions were soon confirmed by another mile marker. A mile or so later, my running buddy began to fall off the pace a bit, so I nestled comfortably inside my own head, assuming that since the guy in front was pretty far out there and no one was too close behind, it would be a while before I had anyone to run with.

The miles came and went, along with feeling in my hands and face, and before I knew it, I was at the turnaround. The marathon course was simply two loops of a

half marathon course (the half marathoners started an hour later than we did), and the turn around was just past the 8 mile marker. Shortly before the turnaround, I saw the leader, along with his bike escort, and judged them to be around a half mile in front of me, looking strong.

Once I made the turnaround, it wasn't long before I began seeing other marathoners on their way out, so I tried to give encouragement to everyone I saw. Soon enough, I began to see the half marathon leaders as well. A few more miles clicked on by, and just like that, I was at the start/finish line again, ready to turn back around and do the whole thing over. At this point, the leader was far enough in front of me that I never even saw him during my jaunt around town to get back to the start/finish and then back out to the riverwalk.

While rerunning the first few miles of the course, I felt like a rock star, because (since the leader was so far in front) I had two cop cars leapfrogging each other to lead me through town, stopping cars at green lights (the drivers must have wondered about why a lone runner in shorts in 18 degrees was getting such treatment...) as I made my way through the city. Soon enough, though, I was back out on the riverwalk alone. At this point, I had been out in the cold long enough that my double layer of gloves wasn't cutting it, and my hands were completely numb, along with most of my face. The wind, which was an ever-present nuisance on the first loop (or at least that's what it felt like). (Continued On Page 3)

Letter From The President



Dear CRR Members:

Happy New Year to the Columbus Roadrunners and their families. 2010 is off to a great start as we have just conducted the Red Nose marathon & Half Marathon on January 9th. Despite the 9 degree wind chill at the start we had a record number of runners in both events. We had 350 registered runners. 27 runners completed the marathon and 186 runners completed the half marathon. The Red Nose Generated approximately \$4000 for the John B. Amos Cancer Center. Congratulations go to the Reggie Luther, the Race Director, Carolee Luther, Debbie Lipscomb, Shelly Dinkin, Stephanie Burroughs, Alice Pate, Brian Abeyta, and the rest of the race committee. We look forward to a bigger and better Red Nose next year. Please check out our club web page for results and pictures from the race. Several runners from our Couch to 5K program completed the half Marathon.

The Super Bowl Run is coming up on February 6, 2010. WE have added a 10K to the race this year. So this year we will have a one mile at 9:45 Am and a 5 & 10K at 10:00 AM. Race Day Registration begins at 8:30 Am. We need volunteers for the race. We need course monitors & water station volunteers (both report time 9:00 Am) and registration & finish line volunteers (report time at 8:15 AM). Please come out for the race to run or volunteer. Please contact me at Olympiced@aol.com if you want to volunteer.

We will also have our Board elections for 2010 at Super Bowl run. We have volunteer positions that are not Board Member positions available in 2010. Please contact me at Olympiced@aol.com if you are interested in a volunteer or board position. The Columbus Roadrunners have partnered with Gold's Gym and Fitness for Women to promote health and fitness through Trim Down Columbus and our Couch to 5K running program. Gold's Gym will give every new Gym member a flyer about our Couch to 5K program. In turn every CRR Club member and Couch to 5K participant will get 2 free weeks from Gold's Gym and waiver of their enrollment fee if they join the Gym.

Our next Couch to 5k will be starting on Tuesday February 16, 2010. Other Training Programs 5K to 10K and Half & full Marathon training are also available. Please contact Katie Walden at kewalden@bellsouth.net for information.

The future growth of the club and the fitness movement will be driven by our Couch to 5K Training programs. The "Couch to 5K" programs are free to both club members and non-members alike. We will continue "Couch to 5K Program" every two months as we target local upcoming races. We will also expand the training programs to include a 5K to 10K, a Half Marathon & Marathon program. The only requirement for the additional training programs is being an active Columbus Roadrunners club member. The next events we will be targeting are the Ce-

lebrity Classic 5 and 10K and the Midtown Classic.

The CRR Socials will be continue to be on Friday night and will be subject to change to try to maximize the attendance. Please look for the weekly emails for updates. The weekly Groups runs will continue including our track workouts program on Tuesday nights at Hardaway Track. The location will be subject to change as the weather cools and the daylight hours change. Please look for any schedule changes in our weekly emails.

This is your club so let us know what your want from CRR Club and we will do our best to provide it for you.

Run Healthy, Run Happy,

Dr. Ed

"There are clubs you can't belong to, neighborhoods you can't live in, schools you can't get into, but the roads are always open."

Congratulations New CRR Members!!!

(And Renewals)

Barbara Pettis

Joshua Ollek

Sarah Ollek

Eric Potter

Rene Mercado

Kim Hoffman

Tony Edmondson

Debbie Lipscomb

Chad Hoffman

Adam Pugh

Stephen Warren

Emma Lipscomb

Peter Hoffman

Robert Herrmann

Jillian Potter

Strider Spotlight: Mandy Lane



After I had my daughter, Emma Grace, I joined the gym and worked out for a year and a half, losing 85 pounds. After I lost the weight, I wanted to do something to challenge myself and get out of the boring gym routine.

Throughout my life I have been heavy; and running is not something I would have ever pictured myself doing. I chose it for that reason. I wanted to prove to myself that I had overcome my weight battle and was ready to be a physically fit individual. What better way than to start doing the hardest thing I could think of...running!

Of course at first, it was very hard. I would run/walk to build up endurance. Little by little, I was able to run further and further without stopping. I then became addicted to the "runner's high." I love the point in my runs where I reach a balance of rhythm and push past the burn. Then I am just running, feet hitting the ground, and taking in every breath grateful that my

body is capable of this feat because I remember the days when it was not.

My favorite place to run is at the park. I love to be outside, away from the monotonous treadmill. I enjoy running alone with or without music. If I am having an unmotivated day, I like to run with my iPod, listening to the David Crowder Band and various other artists.

To maintain my motivation at the forefront, I keep a picture on my desk of me at my best friend's wedding. In the picture, I am smiling, and at my heaviest weight. Students in my class often ask who is in the picture and when I tell them it is me, they are amazed. This allows me to share my story with them and talk about how running keeps me fit and healthy. I run daily, 2-4 miles. The weekends are when I fit in my long runs of 6-7 miles. This November I will be running in my first 10K race, the furthest one so far. In the past I have done a few 5k's a year.

Weekly Runs

Tuesday (Speed Workout)

Where: Hardaway HS Track

When: 7:00 PM

Distance: 6-8 miles

Leader: Alice Pate

pate_alice@bellsouth.net

Wednesday

Where: Lakebottom Park (parking lot near track)

When: 6:00 PM

Distance: 3.5—9 miles

Leader: Reggie Luther

reggieluther@gmail.com

Saturday (Long Run)

Where: 10th & Broadway

When: 7:30 AM

Distance: Varies, usually 6-20 miles

Leader: Gordie Borkat

gbattchc@aol.com



“As I came into the final stretch, an announcer called out my name over a loudspeaker as “your marathon winner,” which, I must admit, felt pretty cool to hear.”

Red Nose Race Report (cont.)

As before, I just tried focus on staying at a relaxed, comfortable pace and put on foot in front of the other. A difference on this loop, on the other hand, was that I was constantly seeing other marathoners finishing up their first loop as well as throngs of half marathoners, and again I tried to offer encouragement to all; some were having a tough time with the wind (and, perhaps, the distance).

Yet again, I made it to the turnaround, only 5 miles to go... I had noticed that the leader was about the same distance in front of me on this loop as the last, and he didn't appear to be as comfortable as I felt - he was not in distress by any means, but just not comfortable. I decided that I would just maintain my speed and see what happened (the thought temptation was there to kick the pace up a notch, but my thoughts kept returning to possible repercussions involving Mt. Mist and possibly health, considering that I only got fluids at two water stops and took in no food or electrolytes - I was in no condition to "race").

I thought that the wind had

been bad earlier, but I was mistaken. On the return trip, the wind was almost all I thought about. My thighs were a funny reddish white color, and I couldn't feel my hands or my face at all. I love distance running.

I kept an eye out for the leader, and when I got to mile 24 without seeing him, I figured that he had pulled through and was going to take it, having lead from wire to wire. However, right as I was about to cross the 25 mile mark, I noticed his bike escort pop back onto the path, and then noticed that the leader was a mere 150 yard or so in front of me, obviously hurting. I maintained my pace and overtook him relatively quickly. If he had sped up to match me, I probably would have let him take the race, since he was clearly putting forth considerable effort, but he let me slip on by with less than a mile to go.

The lead bike was somewhat surprised to have a new leader, and he almost missed me, but he noticed my race number was one designated as a full marathon number (1-100 were marathon race numbers, 101+ were half marathoners, and there

were around 230 half marathoners...impressive). He led me back into town, announcing me to everyone he saw. As I came into the final stretch, an announcer called out my name over a loudspeaker as "your marathon winner," which, I must admit, felt pretty cool to hear. True to form, I airplaned around the last corner and, since I know you all were hoping for it, I jumped up and gave a heel-click across the finish line for a time of 3:16:28.

It was a fun race, and I accomplished what I set out to do: get another relatively relaxed but solid long run in before Mt. Mist, negative split the second half by a couple of minutes, and I got an added surprise bonus of winning. The 25-mile leader came in a few minutes behind me, but I found out that this was his debut marathon. Pretty darn impressive to lead the vast majority of your first marathon in frigid temperatures, with who knows what wind chill.

Red Nose Write Up by Reggie Luther

The Red Nose Half & Full Marathon was a very successful event despite the VERY COLD temperature. There were over 230 runners in both events and over 40 volunteers come out for the event. This event has

grown from 6 people 4 years ago to the great turnout this year. Despite the race being free we were able to raise \$5,000 that was donated to the John B. Amos Cancer Center here in Columbus. We hope to continue

growing and improving this race so put January 8, 2011 on your calendar. Maybe the weather will be a little more balmy next year.

1200 Mile Club

2009:

Linda Barber

Tony Edmondson

Scott Ferguson

Ed Lopez

Carolee Luther

James Mahurin

Chris Trawick

Jackie Walton

Congratulations 1200 Mile Club Finishers!!



To take part in the 1200 mile club, please email your miles to Gordie Borkat at gbattchc@aol.com.

Weather Wise by Jeff Galloway

Just years ago, runners had valid reasons for skipping runs during the winter. It was too cold, too dark, too forbidding. While winters are still cold and dark, those excuses have melted away with the advent of apparel that keeps us warm and dry in subzero temps, headlamps that light our way through the gloom, and affordable treadmills for the days you have to stay inside. Here are solutions to your other winter running woes.

EVERYTHING IS COVERED WITH SNOW!

SOLUTION Look for snow that's been packed down—it will provide better traction. Fresh powder can cover up ice patches. If the roads and sidewalks are sheets of ice, stay in.

IT'S SO COLD, IT HURTS TO BREATHE!

SOLUTION Research has shown that running in tempera-

tures below zero won't harm your lungs. Some runners may experience throat irritation if they breathe cold air directly—avoid this by wearing and breathing through a scarf or ski mask.

MY FEET WILL FREEZE!

SOLUTION Many shoes are designed for maximum venting, so wear warm socks that will keep the chill out.

I DON'T KNOW WHERE TO RUN!

SOLUTION Stable footing is the goal. Run on the street if it's been plowed, provided that it's safe from traffic, and watch out for areas that could have black ice. Run on the sidewalk if it's clear of ice or slippery snow. Find a well-lit route, slow your pace, and make sure you're familiar with areas of broken concrete.

THERE'S ICE ON THE ROAD! SOLUTION

When the roads are covered with ice, take your workout inside. If you can't bear the treadmill, other exercise modes that will maintain most of your running adaptations include the elliptical and stair machines, NordicTrack, and running in the deep end of a pool. Perform these alternatives for 100 to 150 percent of your normal running time.





Columbus Roadrunners

2457 Airport Thruway PMB #121
Columbus, GA 31904

www.columbusroadrunners.com

Phone: 706-596-9308

E-mail: president@columbusroadrunners.com

The Columbus Roadrunners Club is a volunteer organization founded to promote the fun of running and physical fitness throughout Columbus and the surrounding areas. Be it road, cross country, track, trail or triathlon, we have something for everyone. The club is a chapter of the Road Runners Club of America. The Columbus Roadrunners is open to anyone who wants to jog, run, or race regardless of age, sex, or running ability. The CRR offers individual, family, and student membership plans, and each plan receives the club newsletter *The Striders*. The club holds group runs, provides training programs from beginners to marathoners, conducts monthly meetings with programs on running, fitness-related topics and organizes various racing events in Columbus and the surrounding area. Membership is on an annual basis from the date your application is received.

Keeping Columbus Beautiful

Running on Empty by Jason Nocera





RACE NUMBER
(for official use only)

AGE on 4/24/10 Male Female

**Fourth Annual
Midtown Classic 5K and One Mile Fun Run**

Saturday, April 24

Fun Run - 8:00AM | 5K Race - 9:00AM

Wynnton United Methodist Church | Columbus, GA | www.wynntonumc.org

Where: Wynnton United Methodist Church • 2412 Wynnton Road • Columbus, GA (Take I-185 Exit 6 West)

Why: To raise money for the Wynnton Neighborhood Network, a non-profit organization that provides food and other necessities to over 100 families in Midtown Columbus; and Wynnton Neighborhood Housing, a non-profit organization that improves the quality of life through the elimination of substandard housing in the East Wynnton Neighborhood.

COST

- One mile:** All entries are \$10
5K: Before April 9: \$15 for Columbus Roadrunners Members
Before April 9: \$20 for non-members
After April 9: \$25 for all 5K entries.

***No Pre-registrations will be accepted after April 21. After this date, you must register on race day.**

AWARDS

All runners will receive a short sleeve t-shirt. **Shirts are not guaranteed on race day without early registration by April 9.** Racers who do not receive t-shirts on race day will be able to pick them up at the Church office at a later date. All runners are invited to an after party featuring food and live music.

- One mile:** The top three finishers will receive awards. The first 100 finishers will receive ribbons.
5K: The overall top three male/female finishers: age 0-10, age 11-14, age 15-19, age 20-24, age 25-29, age 30-34, age 35-39, age 40-44, age 45-49, age 50-54, age 55-59, age 60-64, age 65-69, age 70-up. The first place male/female in Masters (40+).

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Age: _____ Gender: _____

Phone Number: _____ Email: _____ One Mile _____ 5K _____

T-Shirt Size (Circle): XXL X Large Large Medium Small

Waiver/Release Statement:

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators waive any and all rights and claims for illness, injuries, or damages I may have against Wynnton United Methodist Church, the timing company and its officers, directors and members, volunteers, employees, agents, sponsors, or race director. None of the above is responsible for loss of personal items, nor any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connection with this event. I give my permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I have carefully read this release and know the contents.

Signature: _____ Signature of parent or guardian if under 18 years old: _____

Make checks payable to Wynnton United Methodist Church.

Mail your completed and signed entry form and payment to:

Wynnton UMC • ATTN: 5K Registration • Post Office Box 5469 • Columbus, GA 31906
Please call 706-324-2424 for more information or visit our website at www.wynntonumc.org





RACE NUMBER
(FOR OFFICIAL USE ONLY)

AGE on
6/19/10

MALE
 FEMALE

Columbus, Georgia
The Fourth Annual Summer Solstice 5K Run
& 1 Mile Kid's Run

Saturday, June 19

Fun Run – 7:30 pm | 5K Race – 8:00 pm

SUMMER SOLSTICE SUNSET

Where: Nathan's Famous Parking lot, 7600 Schomburg Road, (Near Shaw High School)

Course: Out and back with rolling hills along N. Stadium Drive and S. Stadium Drive.

Cost: 5K: Before June 14: \$15 for Columbus Roadrunners, \$20 for non-members. After June 14: \$25 for all 5K entries.
1 Mile: Before June 14: \$5 for Columbus Roadrunners, \$10 for non-members. After June 14: \$10 for all 1 mile entries.
No refunds will be given. Race Day registration is from 6:30pm to 7:15pm. No entry after 7:15pm

Awards: All pre-registered runners by June 14th are guaranteed a tshirt.

All Runners will receive a hot dog from Nathan's Famous, a slice of Pizza from Hungry Howies Pizza & a scoop of Ice Cream from Brewsters, plus water, Powerade.

5K: Awards go to the top three overall and top masters male and female. Medals to top three males and females will be awarded in 10 year age groups.

One Mile: All participants will get ribbons.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Age: _____ Gender: _____

Phone Number: _____ Email: _____ One Mile: _____ 5K: _____

T-Shirt Size (Circle): X Large Large Medium Small Youth Size: Large Medium Small

Waiver/Release statement (please read and sign below)

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus RoadRunners Club, the Road Runners Club of America, and it's officers, directors and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, nor any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connection with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I have carefully read this release and know the contents.

Signature: _____ Signature of parent or guardian if under 18 years old: _____



Mail your completed and signed entry form to:
Columbus Roadrunners
2457 Airport Thruway PMB#121
Columbus, Georgia 31904-9053



Hungry Howies Pizza



RUN FOR VALLEY HAVEN SCHOOL

Affiliated Chapter

The Arc

A national organization devoted to people with intellectual and developmental disabilities and their families.



RUN & SEE GEORGIA



Saturday, May 1, 2010

1 Mile or 5K or 10.5K RUN

34th ANNUAL RUN FOR VALLEY HAVEN SCHOOL

P. O. Box 416 ~ Valley, AL 36854
(334) 756-2868 or (334) 756-7801

5K – 8:15 A.M. E.D.T.

1 Mile – 8:45 A.M. E.D.T or 10.5K – 9:15 A.M. E.D.T.

Awards: All runners will have a choice of a great T-Shirt or a special running hat with their registration. Trophies for overall winners, masters winners, and 1st, 2nd, and 3rd place male and female in 10 year age group's for 5K and 10.5K.

Run Location: 6345 Fairfax By-Pass, Valley, AL 36854 (Valley Haven School)

Refreshments: Gatorade, hamburgers, snacks, and water are available.

Directions From Georgia: Three miles inside Alabama, going south on I-85 take Alabama Exit 77. Go left (south) for 1 mile on Fob James Drive. Turn right at the second red light onto Fairfax By-pass. Valley Haven School is located 6/10 of a mile south on Fairfax By-Pass.

Entry Fee: For one event, \$12.00 if postmarked by April 23rd. After the 23rd of April and on Race Day, \$15.00. For two events, \$22.00 pre-registration or \$28.00 day of race.

The Run events of Hike/Bike/Run Day consist of a 1 mile, 5K or 10.5K Run. (You may also choose to walk.) All events are on Eastern Daylight Time – 8:15 for 5K, 8:45 for 1 mile and 9:15 for 10.5K.

Valley Haven serves 132 children and adults with intellectual and developmental disabilities and their families. This run is part of the annual fund drive.

VALLEY HAVEN RUN REGISTRATION

5K @ 8:15 a.m. EDT _____ 1Mile @ 8:45 a.m. EDT _____ 10.5K @ 9:15 a.m. EDT _____

Date of Birth: _____ **Age** _____ **Sex** _____ ***IMPORTANT:** Participants under age 18 **MUST** have this form signed by a parent or guardian.

Name _____ **Phone** _____

Street/Box _____ **City** _____

State _____ **Zip** _____ **School (if student)** _____

Choose a hat _____ **OR** Circle Shirt Size: S M L XL XXL (or specify any child's size _____)

Registration/Release Consent: In consideration of the furtherance of the purposes, objectives, and work of Valley Haven School and the Chattahoochee Valley Area Arc and in consideration of their permitting me to participate in the Hike/Bike/Run, on behalf of myself, my parents, my heirs, executors, administrators and assigns, I or we hereby waive and release any and all rights and claims for damage which I or we may incur against Valley Haven School or the Chattahoochee Valley Area Arc, as well as any other injuries which I may suffer while taking part in the event or as a result thereof. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit to participate in this event.

Participant's Signature _____ **Parent's Signature** _____
(if 18 or older) (if under 18)

More information is available by calling Valley Haven School at (334) 756-2868 or visit our web site at www.valleyhavenschool.org or our e-mail address is valleyhaven@chattahocnet.com

COLUMBUS ROADRUNNERS

MEMBERSHIP APPLICATION

2457 Airport Thruway PMB #121 • Columbus, Georgia 31904
706.596.9308 • www.columbusroadrunners.com



COLUMBUS
ROADRUNNERS



The Columbus Roadrunners is a volunteer organization founded to promote the fun of road and track running and physical fitness throughout Columbus and the surrounding areas. The club is a chapter of the Road Runners Club of America. The Columbus Roadrunners is open to anyone who wants to jog, run or race regardless of age, sex, or running ability. The CRR offers individual, family, and student membership plans, and each plan receives the club newsletter *The Strider*, and the quarterly RRCA publication *Footnotes*. The club holds group training runs, from beginners to marathoners, conducts monthly meetings with programs on running, fitness-related topics and organizes various racing events in Columbus and the surrounding area. Membership is on an annual basis from the date your application is received.

Name (Last, First, Initial) Gender: Male Female

Mailing Address

City State Zip Date of Birth

Home Phone Business Phone

New Renewal _____
Email Address (for club communications and group run information)

Membership Type: Individual (\$20) Family (\$25) Student (HS & below) (\$10)

Family Membership- List additional family members below or on the back of this page.

Name (First, Last, Initial)	Date of Birth (Mo/Day/Yr)	Gender

(Children must be 18 years or under.)

I am interested in volunteering in the following area(s): Newsletter Meetings/Programs Races
Participating in Group Runs (all paces welcome) Other _____

I know that running and volunteering to work in club races and other activities can be hazardous. I agree not to participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity. I freely and voluntarily assume all risks associated with competing, volunteering, and all other activities in which the Club is involved. Such risks include, but are not limited to: falls, contact with other participants, the dangerous or negligent behavior of other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or other facilities, 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 Columbus Roadrunners and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims of liabilities arising out of my participation in 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 use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in club activities.

Signature Date

Parent's or Guardian's Signature (if under 18 years old) Date