



Fast Tracks Running Club

Directions: Fill out this form (including the waiver) and mail a check for \$15 (if individual membership) or \$22.50 (if family membership) made out to Fast Tracks to:

**Fast Tracks c/o Terry Kirkwood
149 Kynlyn Road
Radnor, PA 19087**

Name: _____

Address: _____

City: _____ State: ____ ZIP: _____

Email Address: _____

Preferred Phone Number: _____ Type: __ Mobile __ Home __ Work

Birthday (mm/dd): _____

Occupation: _____

We would like to collect occupation to request help/volunteers OR if people reach out to help we can utilize them where they may serve us best.

Type of Membership (circle one): Individual/Family

If Family, identify family members (name & email): _____

New Member? (circle one): Yes/No

If a new member, how did you hear about Fast Tracks?



Waiver

Please read this waiver carefully. By signing below, you acknowledge that you have both read and understood the text presented to you.

In joining the Fast Tracks Running Club, whether for a single run or as a regularly participating member, I acknowledge that running and otherwise being involved in club events includes certain inherent risks and hazards. I further acknowledge that there is no obligation to join any run or to run at a pace or for a distance with which I am not comfortable and that I should not run unless medically able and properly trained. I accept full responsibility for my own fitness and health, and I understand that Fast Tracks Running Club, its officers, activity organizers, members and other participants cannot be held accountable if my effort surpasses my level of fitness and conditioning. I also understand that runs are held on public property, the condition of which is beyond the control or responsibility of the Fast Tracks Running Club.

I hereby assume all risks associated with running or otherwise participating in club activities, including but not limited to, injuries, falls, insect bites, contact with runners or other participants, weather, light conditions, traffic, and the conditions of the running course. I (for myself and my heirs, personal representatives and assigns) hereby waive and release all rights, claims, demands, and/or causes of action against the Fast Tracks Running Club, its officers, activity organizers, members and other participants for any personal injury, immediately known to me or hereafter discovered, which I might sustain during club activities, and for any and all other damages or losses which I might incur arising from or out of my participation in club activities.

Acknowledged and agreed:

Name:

Date: