

Name:	DOB (DD/MM/YY)
Address:	Email address:
Phone:	
Emergency Contact:	Contact Phone Number:

I give consent to have my name, phone number and email included in members list [  Yes     No ]

\* List to appear in secure area of website for purpose of members connecting with each other. Information is not to be shared with non-members.

LIST ANY ALLERGIES, MEDICAL CONDITIONS (optional): [ \_\_\_\_\_ ]

GOALS FOR THE NEW SEASON:  
 [ \_\_\_\_\_ ]

**Athlete Release Waiver**

In consideration of the acceptance of my application for registration as a member of the Lakehead Masters Running Club (LMRC) I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE LMRC and its respective agents, officials, employees, contractors, representatives, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my registration as a member of LMRC or my participation in any LMRC sponsored and/or sanctioned event, whether prior to, during or subsequent to any such event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the NEGLIGENCE of any of the aforesaid. All athletic activities place physical demands on the participants and create certain inherent risks. Athletes must accept that there is the possibility of injury as a result of their participation in athletic activities. Accidents can result from the nature of the activity and can occur without any fault on the part of the participants, Lakehead Masters Running Club or its agents, directors, officers, employees, representatives or sponsors. By choosing to participate in the activity, you are assuming the risk of an accident or injury occurring.

I have read, understand, and accept the Elements of Risk and the Athlete Release Waiver as stated above.

Signature of Athlete: [ \_\_\_\_\_ ]                      Date: [ \_\_\_\_\_ ]

**MEMBERSHIP COSTS:**

- New member:** \$235 includes:
1. Access to the LU Hanger Monday/Thursday 4:30-6:30 pm; Saturday 8am-12 noon November 4 to April 30
  2. Group training year round (Indoor track in the winter and outdoor locations spring, summer and fall)
  3. Monthly workout schedules and coaching
  4. LMRC t-shirt or singlet

**New member:** with current full LU facilities membership: \$160 (includes 2,3,4 above)

**Returning member:** \$200 (includes 1,2,3 above)

**Returning member:** with current full LU facilities membership: \$125 (includes 1,2,3 above)

Payment options are by CHEQUE PAYABLE TO "LAKEHEAD MASTERS RUNNING CLUB" **on or before November 28, 2019** for all returning members and new members that start at the beginning of the season. **OR Electronic Funds Transfer via your Financial Institution.**

**Process as follows:**

1. Submit e-transfer to: [lmrc@tbaytel.net](mailto:lmrc@tbaytel.net)
2. Use password: lmrc
3. In Note section include your FIRST and LAST name so treasurer knows which member is making the payment

If a new member: How did you hear about the club? [ \_\_\_\_\_ ]