

VOLUNTEER SIGN-UP

TOLEDO ROADRUNNERS DEPEND ON VOLUNTEER HELP...

and if possible, would like your assistance at one club event this year. This is not mandatory, it is strictly voluntary. Please realize that if you check a race to help, this does not mean you will be called. It means that you could be called. It also means if called, you can still choose not to help.

We compile this list so that race directors have a pool of helpers who are interested in working their race. Sometimes race directors have enough help, other times they don't. That is when they will call.

So, if you appreciate a well conducted race, please check the race or races you might be available to help out at this year. The races are listed beneath the month in which they are held.

January

Icicle Run
 Donut Dash
 Hangover Classic
 Run from Death

February

Blizzard Breakfast
 25K Club Championship
 Get Lucky 5K

March

Churchill's ½ Marathon
 Wearing of the Green
 Cookie Classic
 Tow Path 19 Mile Run

April

Glass City Marathon
 5K Club Championship

May

Frantic Finish 5K
 Kid's Kilometers

June

Yogurt Run

July

Maumee 5K
 TRRC Picnic

August

Women's Distance Festival
 Wabash Cannonball 5K

September

Boy Scout 15 Mile Run

October

Fall Bash

November

Randy's Festival of Runs
 TRRC Turkey Trot

December

Slip & Slide
 Midnight Special
 December Dash

I can't commit to any specific run, but give me a call and if available, I'll be glad to help.

We are looking for people who might be interested in Coordinating or helping with food preparation and serving at one of the four social functions the club has. Please check any or all you would be willing to assist at. Again, this is strictly voluntary.

Blizzard Breakfast (February) Frantic Finish (May) TRRC Picnic (July) Fall Bash (October)

The *Newsletter Editor* and *Circulation Coordinators* are always looking for people who might be interested in helping to produce the newsletter. Please check any or all you would be willing to assist with. Again, this is strictly voluntary.

Newsletter Collating Advertising Coordinator Photography



All Memberships Expire December 31. Fill out the form below or as an alternative you can renew your membership by logging onto www.active.com (or click the icon on TRRC web site. There is a fee of \$3 for signing up on-line in addition to the regular membership fee listed below)

2010 MEMBERSHIP FORM

AS A MEMBER OF THE TRRC YOU WILL . . .

Receive the monthly newsletter, *Footprints*, containing articles and notices on the area running scene, results of various local races, plus a schedule of upcoming runs and entry forms to those races, a preview of upcoming races, health and nutrition hints and training tips; have a voice and vote in all club activities at regular club meetings, the right to participate in club championship award runs and member discounts at all club runs. You will become a member of a community that strives to encourage healthful and active lives.

TRRC, an affiliate of the Roadrunners Club of America, is a non-profit club open to anyone with an interest in walking, jogging and/or running, regardless of sex, race, age, or ability. Whether you are a fitness walker, jogger, fun runner, competitive runner, or a combination of all, you are invited to join TRRC. We have fun runs, prediction runs, and races most every weekend when there is not another run in the area. The distances are for the beginning jogger to the most seasoned runner and range from one kilometer in the kids' events to the Club's 100 Mile Run. You'll meet friends who share your fitness enthusiasm.

Single \$18
 Family \$25
 Youth \$8
 New Member Yes **No**

First Name _____ Last Name _____ Age _____ Sex _____

Address _____

City _____ State _____ Zip _____ Home Phone _____ - _____ - _____

Email address _____ Occupation _____

WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by a decision of a race official relative to my ability to safely complete the run. 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 the RoadRunners Club of America, the Toledo RoadRunners Club and all sponsors, their representatives and successors 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.

Signed _____
Club Member

Signed _____
Spouse, if a runner and a family membership

Signed _____
Parent or Guardian if member is under 18

For Family Memberships, please list:			
Name	Age	Sex	Runner?

Make Checks payable to TOLEDO ROADRUNNERS CLUB
 Mail Form To: Lisa Stevens, 26390 Windy Trace Drive, Perrysburg OH 43551
 Please See The Other Side