

# Greater Neponset Running Club

## Membership Application

[www.gnrcrunners.org](http://www.gnrcrunners.org)

GNRC is a *USATF-certified* group of runners and triathletes who love to train, compete, and socialize. We welcome everyone. Join us!

*Annual Dues* are: \$35 for individuals, \$65 for a couple, \$15 for full time students and Seniors (65+).

First-time members receive a GNRC tech shirt or racing singlet. If you would like to join, please fill out the information below, sign the waiver, and write a check payable to Greater Norwood Running Club or use PayPal on our website.

Mail the completed form and check to:

Melissa Trudeau, Treasurer, GNRC  
22 Sandy Ridge Cir.  
Sharon, MA 02067

If you would like more information about joining GNRC, please email [gnrc.president@gmail.com](mailto:gnrc.president@gmail.com) or visit our website.

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Singlet Size: circle: Ladies Mens  
Circle: XS Sm Med L XL

Email Address \_\_\_\_\_

MEMBERSHIP WAIVER: I know that running is a potentially hazardous activity. I should not enter and/or participate in any club activities unless I am medically able and properly trained. I assume all risk associated with running and/or volunteering in club sponsored events, including but not limited to: Falls, contact with other participants, inclement weather, road and traffic conditions, course difficulty, and terrain. Having read and understanding the facts stated in this waiver, I, my heirs, and anyone entitled to act on my behalf, release the Greater Neponset Running Club, all sponsors, and Board Members from all claims of liabilities of any kind arising out of my participation in club activities.

**SIGNATURE** \_\_\_\_\_ **DATE:** \_\_\_\_\_