



Membership Application



SCAN the QR code or click www.tamalparunners.org/join/ .
OR fill out and mail the application together with a check payable to
Tamalpa Runners P.O. Box 4132, San Rafael, CA 94913. Multiyear discounts are available
for online registrations.

New Membership Application Renewal

Dues for New Membership or Renewal: (check the one that applies)

Under 18 years of age \$0 Individual membership \$45 Family of 2+ \$75

\$ _____ Amount Enclosed (you may pay dues for multiple years if you wish)

\$ _____ Donation to Tamalpa Runners (tax deductible)

Name: _____

Address/City/State/Zip: _____

Phone: _____ Cell Home Work

Email: _____

Gender: _____ DOB (m/d/y) _____ PA/USATF# _____ T-shirt size _____

Additional Family Member 1 Name _____ Gender _____

Additional Family Member 1 Email _____ DOB _____ Size _____

Additional Family Member 2 Name _____ Gender _____

Additional Family Member 2 Email _____ DOB _____ Size _____

Please attach name, DOB and gender for any other family members who are joining.

What are your (and other family member) interests, if applicable?

Volunteer for Gazette/Newsletter

Volunteer for Club Management

Volunteer for Social Events

Compete for team in road/X-country races

Volunteer for Race Management

Complete for team in Ultra races

CLUB MEMBERSHIP APPLICATION 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 any 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 Tamalpa Runners Club, Road Runners Club of America, USAT&F, 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.

Signature: _____

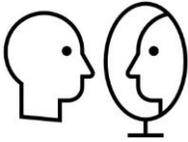
Date: _____

Parent signature if under 18 years of age: _____ Date: _____

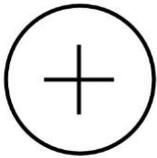


www.tamalparunners.org

Club Information



Statement of purpose: Tamalpa Runners is a non-profit corporation whose purpose is to encourage running as a recreational and competitive sport. Its membership is open to all people with an interest in running. Tamalpa is a member organization of the USATF – Pacific Association, the governing body for Long Distance Running & Track and Field in the United States, as well as RRCA, the Road Runners Club of America.



Benefits of being a member of Tamalpa: As a member of Tamalpa Runners you will have the opportunity to participate in a wide variety of running and social activities. Your membership also includes the ability to take advantage of discounts on registrations for events and on equipment from local retailers and various services provided by other Tamalpa Runners.



Running Events include both Racing and Community Running: The Club sponsors running events throughout the year, and members support them, volunteering in various capacities and gaining valuable experience, enjoying the camaraderie and staying healthy. Tamalpa Club Runners Series (TCRS), Track Work Outs, Weekly Group Runs, participation in USATF/Pacific Association running series (Road Racing, Track and Field, Cross Country and, M.U.T.), Christmas Relays, and more. Check the website for details.



Tamalpa is an all-inclusive club: You do not have to be a competitive runner to join Tamalpa. Tamalpans run for a variety of reasons. The TCRS, which takes place one Sunday a month, is a good introduction to the club. While it is a race, all ages and abilities turn out for this series of runs. The fee for the race is \$5, for Tamalpa members and \$10 for nonmembers. The races range from 3 to 6 miles with varied terrain.



As a bonus, we have found that injured runners recover faster with access to strength training, regular workouts, and the support of friends and other runners.



Click the QR code for more information.