

Membership Application Form
for
San Diego Running Club

Name: _____

Address: _____

City: _____

Zip: _____

Home Phone# _____

Other Phone# _____

Email Address: _____

Birth Date: _____

Emergency Name: _____

Emergency Contact Phone# _____ Relationship _____

Medical Insurance Carrier: _____

Medical History

Do you now have, or have you ever had any of the following?

History of heart problems, chest pain, stroke, etc? YES____ NO____

History of heart problems in immediate family? YES____ NO____

High blood pressure? YES____ NO____

Chronic illness or conditions? YES____ NO____

Difficulty with physical exertion? YES____ NO____

Advice from a physician not to exercise? YES____ NO____

Surgery within the last 12 months? YES____ NO____

History of breathing or lung problems? YES____ NO____

Is any previous injury affecting you now? YES____ NO____

Cigarette smoking habit? YES____ NO____

High cholesterol? YES____ NO____

If you answered YES to any of the above questions, please explain:

Training Information

How many years have you been running? _____

How many miles per week are you running? _____

What is your average run length in miles & time? _____

What is your current long run length in miles & time? _____

What are your PR's? Distance_____ Time_____

What level of runner do you consider yourself?

Circle appropriately, **BEGINNER** **INTERMEDIATE** **ADVANCED**

RELEASE OF LIABILITY, ASSUMPTION OF RISK

I, _____, acknowledge that by signing this document, I am releasing the San Diego Running Club and all of its respective agents and employees from liability. I have been advised by San Diego Running Club that it is my responsibility to seek a physicians advice before beginning this or any exercise or training program. I hereby waive, release, discharge, hold harmless and indemnify San Diego Running Club from any and all claims arising, and from any and all damages which may be sustained directly or indirectly or out of my association with San Diego Running Club.

I understand and agree to the aforementioned terms:

Signature: _____ **Date:** _____

SIGN UP NOW

The San Diego Running Club is ready to run with you.
Come train with us for these upcoming races:

**Rock 'N' Roll Arizona "Inaugural"
Marathon & 1/2 Marathon
January 11th, 2004
Phoenix, Arizona**

**S.D. Marathon & 1/2 Marathon
January 18th, 2004
Carlsbad, CA.**

RnR San Diego training begins January 2004

TRAINING WILL BE AVAILABLE YEAR ROUND!!!

5 Month Training Period = \$100.00

Per Month Training = \$25.00

CLUB SPECIAL

Bring a friend that joins and you receive \$10 off your membership.
The 5th and subsequent friend that joins you receive \$20 off your membership.

Start training now for your personal goals. (PR / Fitness / etc.)

Have Questions? Hit reply or give me a call at: 858-220-2353.

Bring application to a Saturday run or MAIL TO:

**Brian Kuehner
211 Ocotillo Place
Oceanside, CA 92025**

See you this Saturday,
Brian