

FOR MORE INFORMATION:

www.islandroadrunners.net

or call



734 282-1101

15265 Dix-Toledo Rd
Southgate MI 48195



ISLAND ROADRUNNERS



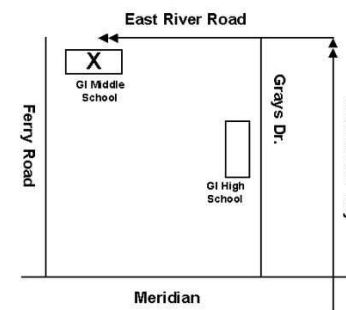
MEMBERSHIP AND CLUB INFORMATION

TWO WEEKLY RUNS:

Saturday mornings 8:30

Grosse Ile Middle School parking lot

Walk or run 4.3 or 6.3 miles or distance of your choice



Monday evenings 5:30

March - October at the Elizabeth Park Pavilion
in Trenton

October - March at The Riverview Library
On Sibley Rd near the pond.

IRR CLUB BENEFITS:

- * Club Newsletter
- * 10% discount at Total Runner
- * Lots of fun, motivation, better health and great friendships

ISLAND ROADRUNNER MEMBERSHIP APPLICATION

Name: _____

Address: _____

City: _____ St___ Zip_____

Telephone: Home (____) _____

Cell (____) _____

Email: _____

Date of Birth ____/____/____

Names and birthdates of other family members joining:

_____ DOB _____

_____ DOB _____

_____ DOB _____

New member ____ Renewal ____

____ share ____ do not share my information with other members.

Annual fee for individual or family \$10.00

Make checks payable to:

Island Roadrunners
 c/o Total Runner
 15265 Dix-Toledo Rd
 Southgate MI 48195

Member Waiver

(must be signed by all family members joining)

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 weather including high heat/humidity, the conditions of the 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 Road Runners Club of America, the Island Road Runners, 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 persons named in the waiver. I grant permission to use any photographs for any legitimate purpose.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Referred by(optional): _____

WHO WE ARE:

The Island Roadrunners (IRR) running club was founded in 1981 and in 1995 became a member of the Road Runners Club of America (RRCA). Our club provides support and encouragement to its runners and walkers, promotes community fitness and awareness, and offers a friendly atmosphere for weekly runs. We invite runners and walkers of all ages and abilities to join our organization.

IRR SPONSORED EVENTS:

Annual Memorial Day 5k&8k race and 1 mile fun run at the Grosse Ile High School 7800 Grays Dr. Grosse Ile MI. Voted "a Top 50 Road Race" by *Michigan Runner Magazine*. Post race picnic and party for volunteers and families.

Monthly tailgate treats after our Saturday morning run during summer months.

Annual club banquet: Preceded by the Prediction Run, enjoy an evening of dinner, laughter, and friendship with club members and their guests. Special recognitions and award presentations by club officers.