

HENDERSONVILLE RUNNING CLUB, INC.



Building Friendships In Motion

#203 170-D East Main Street
Hendersonville, TN 37075
www.hendersonvillerunningclub.com
signup@hendersonvillerunningclub.com

The Hendersonville Running Club is located in Hendersonville, Tennessee. The group covers the spectrum of runners from beginners to seasoned. Our Long Runs (5 - 22 miles) start Saturday mornings from Drakes Creek Park, at 7:00 AM (Nov thru April) and 6:00 AM (May thru October). The club is well suited to help you achieve your running goals. We help build and train for marathons, half marathons, 10ks, 5Ks and assist triathletes in the running portion of their training.

HRC is funded entirely off of donations from sponsors, races and members, as well as sales through its web site . Donations above our minimal operating expenses are given to an annually selected charity. Otherwise there are **No Fees or Rules**, just the desire to run and help "Build Friendships in Motion" . We are people who like to run and do it with others. Your sure to find someone your pace. Everyone is Welcome to come out & join us on any given Saturday!

HRC is paperless updates notices are sent by email, rss, or visit the yahoo groups page, or website . The HRC is a member of the RRCA.

MEMBER	FIRST NAME	LAST NAME	GENDER	DATE OF BIRTH
1				
2				
3				
4				
5				
6				

Street _____ City _____ State _____ Zip _____

Daytime Phone _____ Email (check to opt out of email notices) HRC # _____

I know that participating or volunteering in part or all of the Hendersonville Running Clubs (HRC) activities including group runs, and sponsored races is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By participating I certify that I am medically able to perform the activity, and am in good health, and I am properly trained. I agree to abide by any decision of club officials relative to any aspect of my participation, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, wearing of headphones, running with your dog and the use of baby strollers, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed by the RRCA who insures the HRC. I waive any liability to the HRC should these be used by myself. Having read this waiver and knowing these facts I, for myself and anyone entitled to act on my behalf, waive and release the HRC, the city of Hendersonville, Goodlettsville and Nashville, sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Date _____ Signature (Parent or guardian if applicant is under 18 years old) Email form back to
signup@hendersonvillerunningclub.com

