

**We love to compete
—but we also want to have a good time**

Join Us



Our goal is to promote running in the Merrimack Valley and the greater Lowell area in particular. To that end we support local runners, provide scholarships to high school runners, put on and support many local races and most important—we want to support your running—whatever personal goals are.

Why Join the Greater Lowell Road Runners?

Seven Great Reasons!

1. Free Track Sessions (two 10 weeks seasons—spring and fall)
2. Free entry into USATF-NE Grand Prix Races +
3. Free refreshments at the regular monthly club meetings
4. Group Runs from GLRR Office (116 Merrimack St) in downtown Lowell on Saturdays at 8:00
5. Individual Coaching*
6. Boston Marathon Bus and Support *
7. 15% discount at Marx Running and Fitness

All for only \$25!!

- + We only ask that you volunteer to help at the Baystate Marathon to be eligible
- * a nominal extra fee applies to these services



2008 Membership Application



See us at www.glrr.net

▶ Greater Lowell Road Runners

Greater Lowell Road Runners
Membership
PO Box 1314
Lowell, MA 01852-1314

Phone: 978-703-0317
Fax: 866-618-2935
E-mail: dir_membership@glrr.net
Web: www.glrr.net



2008

Membership Application

Check One:

- New Membership Application
- Membership Renewal

Check One:

- Individual (\$25/year)
- Family (\$40/year)

Please provide use with as much contact info as possible:

Name: _____
 Address : _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 Mobil Phone: _____
 Email: _____

Please do not include me on the GLRR mail list

For race entry info, please provide optional age and gender information:

Date of Birth: _____ Gender (M/F): _____

Please read waiver before signing:

I know that volunteering to work in club races is a potentially hazardous activity. 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, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Greater Lowell Road Runners and all sponsors, their representatives, and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature (parent if under 18) _____ Date _____

Please send your completed and signed application to:

Greater Lowell Road Runners
 Membership
 PO Box 1314
 Lowell, MA 01852-1314

Make check payable to **GLRR**
 All family members must share the same physical
 mail address.

This membership expires on 12/31/2008

If family membership, please provide names of other members:

Name: _____
 Email: _____
 DOB: _____ Gender (M/F) _____
 Name: _____
 Email: _____
 DOB: _____ Gender (M/F) _____
 Name: _____
 Email: _____
 DOB: _____ Gender (M/F) _____
 Name: _____
 Email: _____
 DOB: _____ Gender (M/F) _____