

**We love to run, 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 for all ages. 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 your personal goals are!**

**GLRR Membership**  
1934 Lakeview Ave., Unit #1  
Dracut, MA 01826-3278  
Fax: 866-618-2935  
E-mail: [dir\\_membership@glrr.net](mailto:dir_membership@glrr.net)  
Web: <https://glrr.net>

## **Why Join the Greater Lowell Road Runners?**

1. Group Runs each week
2. Baystate Marathon - volunteer
3. Berna's Great Legs for Women 5K
4. Frozen Fudgcicle Fun Run 5k
5. Youth Program
6. Social Activities all year long
7. GLRR Gear – first racing tee \$25
8. Free refreshments at the regular monthly club meetings
9. Free entry into USATF-NE Grand Prix Races and Mill Cities Relay\*
10. Boston Marathon Bus & Support\*\*

**Individual \$45 - 1-year, \$87 - 2-year;  
Families \$71 - 1-year, \$140 - 2-year.**

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

**Visit us at <https://glrr.net>**



*GLRR's Summer Outing*

# 2024 Membership Application

**Please note:** The fastest way to join the club is via the online registration. If you choose to mail in your membership/renewal, please allow 30 days for your info to be added to the system.

Check One:

- New Membership Application
- Membership Renewal

Please provide use with as much contact info as possible:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
DOB: \_\_\_\_\_ Age: \_\_\_\_ Gender: (M/F) \_\_\_\_\_  
Mobile \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
 Please do not include me on the GLRR mail list

Circle One: Individual - \$45 - 1-year  
Individual - \$87 - 2-year  
Family \$71 - 1-year  
Family \$140 - 2-year

If family membership, please provide names of other members:

Name: \_\_\_\_\_  
Email: \_\_\_\_\_ DOB: Gender (M/F) \_\_\_\_  
Signature: \_\_\_\_\_  
Name: \_\_\_\_\_  
Email: \_\_\_\_\_ DOB: Gender (M/F) \_\_\_\_  
Signature: \_\_\_\_\_  
Name: \_\_\_\_\_  
Email: \_\_\_\_\_ DOB: Gender (M/F) \_\_\_\_  
Signature: \_\_\_\_\_  
Name: \_\_\_\_\_  
Email: \_\_\_\_\_ DOB: Gender (M/F) \_\_\_\_  
Signature: \_\_\_\_\_

**This membership expires on 12/31/2024**

***Please read waiver before signing – the below must be sent in with your signature and the above info:***

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 my heirs and anyone entitled to act on my behalf now or in the future, waive and release the Greater Lowell Road Runners all members and officers past and present, any and all sponsors, their representatives, and successors from all claims of liabilities of any kind arising out of my participation in any club organized or club affiliated event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further agree that my name and likeness may be published in advertising and social media for the club and its activities. I further understand that a membership is good for one (or more years if paid in advance) calendar year and ends on December 31st of each year and must be renewed to receive the benefits of the club. ADDITIONALLY, THE FOLLOWING CODE OF CONDUCT IS ACCEPTED POLICY OF GLRR, AND IS ALSO AGREED TO WHEN JOINING THE CLUB:

## **GREATER LOWELL ROAD RUNNERS' MEMBER CODE OF CONDUCT**

### **Objective / Background**

The mission of the Greater Lowell Road Runners (“GLRR”) is to promote and encourage the sport of running. In the Greater Lowell area, the Merrimack Valley and beyond, we support local runners, provide scholarships to high school runners, organize and support many local races but especially—we want to support your personal running goals!

The Code of Conduct is created for the safety and benefit of GLRR, its members and visitors. It is not meant to dictate all interpersonal relationships and interactions between members or between members and the community. Instead, the purpose of this policy is to set forth the basic principles of decency we expect members to follow so that members can achieve their running goals in a safe and fun environment. Failure to follow the Code of Conduct may require that disciplinary measures be imposed on members.

### Terms

As a GLRR member, and especially when representing GLRR in an official capacity (which includes wearing club branded merchandise) you agree to:

- Always show respect to your fellow club members, event volunteers, and the community-at-large in a GLRR event setting. All of those groups show support to GLRR and it is reasonable for all members to return the favor;
- Refrain from verbal (yelling, taunting, threatening) or physical violence upon anyone at a GLRR race, or another club event;
- Refrain from making racial, ethnic, religious, age, sexual-orientation or gender-related slurs or derogatory comments upon anyone at a GLRR race, or another club event;
- Refrain from cyberbullying of fellow club members. Cyberbullying is the willful and repeated use of cell phones, computers, and other electronic communication devices to harass and threaten others;
- Not engage in conduct towards other members that can be deemed as sexual harassment. This conduct includes making unwanted or unwelcome contact (physically, verbally or electronically) of a sexual nature (i.e., sexual advances, requests for sexual favors, etc.) with other members, which would put them in a general state of discomfort. Members are encouraged to request, directly from another member, if possible, that certain conduct ceases if it causes them discomfort. Repeated inappropriate behavior will not be tolerated
- Refrain from acting in a manner that disrupts or impedes GLRR events;
- Follow all traffic/pedestrian laws and club rules when participating in GLRR running events.

### Adjudication

- Formal complaints of Code of Conduct violations may be communicated to any elected director/officer of the GLRR Board of Directors (The Board).
- A formal written complaint must be submitted in order to start any investigation. Said written complaint may be sent to any Board member, for eventual submission to the GLRR President.
- The President, along with the rest of the Board, shall investigate the circumstances of the allegations, which may require follow up questions and research with all parties involved.
- At their discretion, based on the evidence discovered, the Board may fashion a remedy / disciplinary measure that it deems appropriate for the severity of the Code of Conduct violation.
- The Board shall allow the accused member an opportunity to be heard, either in writing or in person, prior to any disciplinary measure being implemented
- Such measures may include, but are not limited to, a verbal warning, a written warning, referral of the matter to proper law enforcement, or the cancellation of GLRR membership.

By signing, I agree with this waiver and the Code of Conduct beneath the Waiver.

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Signature (parent if under 18)

Date \_\_\_\_\_

For Family Membership, please have each member sign the waiver (or parent if under 18)

Please send your completed and signed application – along with a check made payable to **GLRR** to:

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**1934 Lakeview Ave., Unit #1**  
**Dracut MA, 01826-3278**