



### Membership benefits include:

- The power of group running; friendly competition, camaraderie, and commitment
- Membership discount card for local and online businesses
- Private group network site/message board for all members
- Stay connected with regular updates and running tips via email and private network
- Quarterly meetings with snacks provided
- Clinics provided by subject matter experts on running related topics
- A varied "Running Menu" providing help and companionship in your training
- Training programs (Running 101, 5K, 10K, 10M, 1/2M, Marathon, Track/Speed Work)
- Hydration on long runs
- Chicago Marathon Hospitality Suite (Nominal fee to Glen Ellyn Club)
- Fun runs, buddy-running with partners of like skills, and safety in group runs
- Car pooling to local races and events
- Complimentary issues of Chicago Athlete Magazine
- Complimentary day spa at Planet Beach of Grayslake
- Singlets (\$15) and long-sleeve technical shirt (\$27) for purchase
- Club Socials
- Partnership with the North Shore Distance Running Club
- Summer babysitting available at select group runs (nominal fee)
- Complimentary 1:1 runner's physical evaluation at Synergy Physical Therapy. Call (847) 680-1216 to make an appointment (one time only). Complimentary injury analysis

#### Yearly membership (From January 1<sup>st</sup> to December 31st)

- Individual \$25
- Family (one address) \$35
- Student (6-12 grade) \$15

Send application and write check to:

**Mary Wilson**  
**PO Box 14**  
**Grayslake, IL 60030**

For more information email: [grayslakerunning@yahoo.com](mailto:grayslakerunning@yahoo.com) or visit [www.grayslakerunning.com](http://www.grayslakerunning.com)

### Volunteer Info:

Are you interested in being a group leader for one of the runs? List run:

Are you interested in assisting with social events? \_\_\_\_\_

Is there a business interest you can share with the club?

(e.g. Accountant, business-owner, designer, etc.) \_\_\_\_\_

**Membership type, circle one: Individual \$25 Family \$30 Student \$15**

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Application date \_\_\_\_\_  
Would you like to buy a tank (\$15) or L/S Tech (\$27) : S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
Age Group(circle one): 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
1<sup>st</sup> Family Member name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Racing Pace \_\_\_\_\_ Relaxed Pace \_\_\_\_\_  
Occupation \_\_\_\_\_  
Work# ( ) \_\_\_\_\_ Cell # \_\_\_\_\_ Home# \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Home address/City/Zip \_\_\_\_\_  
Emergency contact & number \_\_\_\_\_  
Birthday (m/d/y) \_\_\_\_\_ Any health issues? (Asthma, blood pressure, etc.) \_\_\_\_\_  
List any maintenance medications taken: \_\_\_\_\_  
Years running: \_\_\_\_\_  
Personal records 5k \_\_\_\_\_ 10k \_\_\_\_\_ 10m \_\_\_\_\_ 1/2M \_\_\_\_\_ M \_\_\_\_\_  
Weakly mileage \_\_\_\_\_  
Number of Marathons finished \_\_\_\_\_ Number of 1/2M finished \_\_\_\_\_  
Are you a competitive runner? (5/10k) Yes \_\_\_\_\_ No \_\_\_\_\_

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Application date \_\_\_\_\_  
T-shirt Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_  
Age Group(circle one): 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
2nd Family Member name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Racing Pace \_\_\_\_\_ Relaxed Pace \_\_\_\_\_  
Occupation \_\_\_\_\_  
Work# ( ) \_\_\_\_\_ Cell # \_\_\_\_\_ Home# \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Home address/City/Zip \_\_\_\_\_  
Emergency contact & number \_\_\_\_\_  
Birthday (m/d/y) \_\_\_\_\_ Any health issues? (Asthma, blood pressure, etc.) \_\_\_\_\_  
Years running: \_\_\_\_\_  
Personal records 5k \_\_\_\_\_ 10k \_\_\_\_\_ 10m \_\_\_\_\_ 1/2M \_\_\_\_\_ M \_\_\_\_\_  
Weakly mileage \_\_\_\_\_  
Number of Marathons finished \_\_\_\_\_  
Number of 1/2M finished \_\_\_\_\_  
Are you a competitive runner? (5/10k) Yes \_\_\_\_\_ No \_\_\_\_\_

**WAIVER AND RELEASE of the Grayslake Running Club**

I state that I understand that participating in the runs and other activities organized, sponsored or encouraged by the Grayslake Running Club, its officers, directors, members and their agents, servants and employees (collectively referred to herein as the "Club") is potentially hazardous and may result in injury, including death. I understand that I am solely responsible for determining whether I am medically able and properly trained to participate in these activities.

I hereby assume any and all risks associated with participating in these events including, but not limited to, falling, slipping, fainting, orthopedic injuries, contact with other participants, contact with moving vehicles and all other consequences known to, or which could have been anticipated by me. I specifically acknowledge and recognize that the runs are conducted on: (i) irregular surfaces; (ii) surfaces which are at times wet, icy and slippery; and (iii) public roadways which involve the risk of injury arising from contact with moving motor vehicles. Having read and understood this Waiver and Release and in consideration of my being allowed to participate in the runs and other activities of the Club, I, on behalf of myself and my heirs, executors, administrators, successors in interest and assigns agree to waive, release and forever discharge the Club of and from all claims, losses and liabilities for death, personal injury, permanent or partial disability, medical or hospital bills and all other damages and obligations of every kind and nature and that I and my heirs, executors, administrators, successors in interest and assigns have or may have in the future against the Club arising in any way from my participation in any and all of the runs and other activities organized, sponsored or encouraged by the Club, including, but not limited to those caused by the negligent acts or omissions of the persons I am hereby releasing. I further agree not to sue any of the persons or entities mentioned herein for any of the claims, losses, liabilities, damages or obligations that I have waived, released or discharged herein.

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Participant's Signature Parent or Guardian's Signature  
(If participant is less than 18 years of age)