

Club Membership Waiver

I know that running is a potentially hazardous activity. I should not enter and run in club events unless I am medically able and properly trained. I agree to abide by the decision of any club officer relative to my ability to safely complete the run. 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, ice, the conditions of the road and of traffic, 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 for anyone entitled to act on my behalf, waive and release the Ambler Area Running Club and all its sponsors, representatives and successors, from all claims and 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 the persons named in this waiver.

Signature: _____

Parent/Guardian if under 18 years of age: _____



AMBLER AREA RUNNING CLUB

www.aarclub.com



Traveling Fun Run at Peace Valley Park

Warning: The Surgeon General has determined that membership in this organization contributes to better health, regular exercise, and smaller clothes sizes.

About the AARC

The purpose of the Ambler Area Running Club is to develop and promote local running and racing, to provide running-related information and social activities, and to enhance training opportunities in a supportive atmosphere for runners of all ages and abilities. AARC provides these activities in a way that promotes the well-being of the community.

In addition to its annual Frostbite 5-Miler, Phils 5K Race, AARC sponsors weekly Fun Runs and seasonal track workouts. Proceeds from races and sponsorships benefit local non-profit organizations and high school athletic scholarships. AARC sponsors classes and group runs, safety programs, and clinics. **Plus, AARC is simply a great place to meet other runners!**



Fun Run Time!



The Fall Picnic



Broad Street Run

**For complete information about AARC,
visit our web site at
www.aarclub.com**

