



WEST CHESTER RUNNING CLUB

TIRED OF RUNNING ALONE?

DO YOU THINK RUNNING PARTNERS COULD
HELP WITH TRAINING, MOTIVATION,
SOCIALIZATION, COMPETITION, ETC.?

There is a West Chester based running club, open to any area runner that might be interested.

Check us out on the web at www.westchesterrunningclub.com

We provide:

1. Organized runs several times a week.
2. Contacts with runners in your pace range, with the idea that if the above-listed workouts don't fit your schedule or suit your needs, you can still link up with someone to run
3. Coaching, both formal and informal, for those who desire it
4. Running-related outings and group social events
5. Membership in the Road Runners Club of America
6. Quarterly newsletter ("Fartlek") on the happenings of the club
7. Club T-shirt
8. WCRC members receive a 10% discount at the Chester County Running Store and a 5% discount at Bike Line

If you like the idea and are ready to join, a registration form is provided on the back of this sheet. If you'd like more information feel free to contact Bill Dawson at 610-436-5210, or e-mail us at: email@westchesterrunningclub.com.

THERE ARE RUNS SCHEDULED FOR VARIOUS TIMES DURING THE WEEK. THE WORKOUT SCHEDULE IS POSTED WEEKLY AT WWW.WESTCHESTERRUNNINGCLUB.COM, UNDER "CLUB LINKS".

WEST CHESTER RUNNING CLUB REGISTRATION FORM

NAME: _____ AGE _____ SEX _____ BIRTH DATE: _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS _____

PHONE _____

YEARS RUNNING _____ USUAL PACE FOR A DISTANCE RUN _____

NUMBER OF RACES PER YEAR _____

PERSONAL BESTS: 5K _____ 5 MILE _____ 10K _____

10 MILE _____ HALF MARATHON _____

MARATHON _____

SHIRT SIZE: S M L XL

HOW DID YOU HEAR ABOUT THE WCRC? _____

WAIVER: I agree to waive all claims of liability on the part of the West Chester Running Club, its officers and sponsors for injuries or illnesses suffered in any events that I participate with them. I certify that I am medically able to be a member of a running club and to participate in activities that the WCRC sponsors.

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE (IF UNDER 18) _____

Checks for \$20.00 (or \$200 for lifetime membership) should be made payable to the **West Chester Running Club** and sent to 1003 Jennifer Lane, West Chester, PA 19382.