



MAD HATTERS'
RUNNING CLUB
 Medicine Hat, Alberta
www.madhatters.ca

**In this complex
 busy world
 staying fit
 is a challenge**

**Need a Solution?
 Join Us!**

**MAD HATTERS'
 RUNNING CLUB**
 a non-profit society
**FOR RUNNERS
 BY RUNNERS**

*Whether you are training alone
 or joining us in regular runs,
 we believe collaboration
 and mutual interdependence with
 fellow runners will help you achieve
 your goals quicker, easier
 and with tons more fun.
 And we mean tons.*

**A wise man said
 'All limits are
 self-imposed'
 We say
 'The journey from
 Couch Potato to
 Ironman is without
 limits: You decide how
 far you want to go
 and we'll get there
 together'**



Other Personal Objectives: _____

WAIVER OF LIABILITY

Waiver of Liability: In consideration of your accepting this membership application, I, the undersigned, intending to be legally bound, hereby for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claims for damages and causes of suit or action, that I may at any time have against the Society, "Mad Hatters' Running Club", Executive Board Members, Committee Persons, Club Officials, fellow members and volunteers and sponsors of the Clubs, for any and all injuries suffered by me as a result of participating in Club activities and events. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm and cold conditions. I have consulted a Medical Doctor or Legal Advisor for a clear understanding of the meaning and intent of this waiver, statement before signing below. If any part was unclear to me.

Signature (Parent if under 18): _____

Date: _____

ANNUAL MEMBERSHIP FEES

Payable upon application and thereafter on anniversary date. Sorry NO refunds. Fees determined annually.

Adult: \$45 • Students: \$25

Cash or cheque payable to: **Mad Hatters' Running Club**, mail to: 2274 - 20 Ave. SE, Medicine Hat T1A 3X9

Telephone: Tom at 580-4730 or Bonnie at 526-6089

How?

By providing unlimited access and support from other like-minded individuals. We have the answers. We have been there and have the T-shirts and Medals to prove it. Our experience level ranges from beginners, back-of-the-pack runners, penguins, clydesdales, fitness runners, all the way to elite runners, marathoners, ultra-marathoners and ironmen. If your goal is 5km, 10km, your first marathon or beyond we can help you. Or maybe you just want to run for the fun of it. We'll be there too.

The Club Provides:

1. Beginner and regular group runs
2. Regular scheduling of activities
3. Training
 - base aerobic
 - intervals
 - hills
 - speed work
 - strength, stretching & other activities
4. Race preparation
5. Running in local and out-of-town races
6. Community service
7. Social events



Benefits of Running Club Membership:

1. General overall health and body conditioning
2. Improved cardiovascular fitness, aerobic and anaerobic
3. Helps weight loss and weight loss maintenance
4. A great stress reducer
5. Low cost/high benefit activity
6. Increased oxygen utilization promotes a sense of well being.
7. Running improves and prolongs mental alertness
8. Enjoy an all around sport that has no age limitations
9. Share your personal victories with like-minded individuals
10. Enhances confidence, pride and sense of humor

The Club: a group of "Running Friends" who have banded together to:

- Support Active Lifestyles
- Assist in Trail Development & Community Service
- Promote Medicine Hat as a Racing & Running Destination

Our mission statement:

"We are runners, our goal is to foster a mutually supportive network of relationships upon which those who pursue a running lifestyle can depend; thereby promoting happiness in the individual and nurturing a sense of community amongst runners regardless of their running goals. In short, to run, to have fun, to be running friends, to proudly represent our club in running events and ably assist local projects supporting active lifestyles."



MEMBERSHIP APPLICATION

Name: _____ Phone (H): _____ Phone (W): _____
 Address: _____ City: _____
 Province: _____ Postal Code: _____ E-mail: _____
 Alternate Contact: _____ Phone No. _____
 Relationship (Spouse, friend, etc.) _____

PERSONAL INFORMATION These questions are optional. They are for training and research purposes only and all information will be confidential.
 Occupation: _____ Date of Birth: _____

T-shirt Sizes: S M L XL

Ability Level	Beginner	Recreational	Advanced	Elite
Personal Record (Last 5 years)	5Km	10Km	1/2M	10Km
		M	5Km	1/2M
				M