



**Potomac Highlands Distance Club**  
*2013 Membership Form*

The PHDC is a club for runners and walkers of all ages, abilities and backgrounds. Membership entitles you an active role in the organization, the opportunity to enjoy a number of PHDC events and programs, to take advantage of members-only discounts, log some miles on roads, trails or something in between and meet some great folks along the way.

Name \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Student (through high school) \$7 \_\_\_\_ Adult \$12 \_\_\_\_ Family \$25 \_\_\_\_

Lifetime (individual) \$150 \_\_\_\_ Donation \_\_\_\_\_ 501(c)3 tax deductible

**Additional family members**

Name \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate \_\_\_\_\_

**Waiver**

The Potomac Highlands Distance Club has obtained an insurance policy through the Road Runners Club of America that covers all sanctioned events and club activities including races, fun runs, picnics, meetings and expos. Please sign this waiver to be covered by our policy. This will be kept on file.

I know that running and volunteering to work in club races are potentially hazardous activities. 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, the conditions of the road and traffic on the course, 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 anyone entitled to act on my behalf, waive and release the PHDC, the Potomac Highlands Distance Club, all organizers and sponsors and supporters, their representatives and successors from all claims or 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 persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Send to: **Potomac Highlands Distance Club, PO Box 102, Augusta, WV 26704**