



About the **Middletown Athletic Club** - MAC was formed in 2002 by several local, long-time runners, in order to promote running as a social, recreational and competitive activity. MAC is a member of the Road Runners Clubs of America.

MAC's goals are to promote running as a family activity and especially youth running. The Club is open to runners of all abilities, from fitness joggers to competitive racers and from youth beginners to seasoned vets.

Annual Membership dues are:	Individual - \$15.00	Mail to: M.A.C.
	Family - \$20.00	P. O Box 307
	Student - \$5.00	Odessa, DE 19730

Membership is renewable annually by April 1

The Club sponsors weekly group runs for runners of all paces and goals, as well as several running-related and social events each year. Details are provided via the club website ([www.macrunning.com](http://www.macrunning.com)) and the weekly eNews-letter. A list of club benefits and benefits from its corporate sponsor, **Premier Physical Therapy & Sports Performance** ([www.premierptsp.com](http://www.premierptsp.com)) are also listed on the website.

For more information about MAC, e-mail the Club secretary at [andrew.wftr@verizon.net](mailto:andrew.wftr@verizon.net)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail address: \_\_\_\_\_ I wish to receive eNotes ( ) yes; ( ) no

Other Family Members: \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ (waiver release – **details on reverse**)

Club Membership Waiver –

I understand 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 take part in any club function.

I assume all risks associated with running including but not limited to, falls, contact with other participants, the effects of weather (heat, high humidity, storms, etc...), the conditions of the road and of traffic, all such risks being known and unknown 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 Middletown Athletic Club and Premier Physical Therapy and Sports Performance and all related sponsors, representatives and successors, from all claims and liabilities of any kind arising out of my participation in these club activities.

I also agree to abide by the by-laws as approved by the Middletown Athletic Club, as a member of the Road Runners Clubs of America.