

ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip _____

Birthdate _____ Sex _____

Email _____

Phone _____

How did you hear about the DRC?

Store Internet

Store Email Friend

Running Event

Interests:

Track Workouts Racing

Group Runs

Recreational Running

Social Events Women's Events

Fees:

New Member - \$20 Renewal - \$15

Make checks payable to:

Downingtwn Running Club

Mail completed and signed application to:

DRC Membership

135 E Lancaster Ave

Downingtwn, PA 19335

I, the undersigned, (for myself, heirs, personal representatives and assigns) intending to be legally bound, do hereby waive and release all rights, claims, demands and/or causes of action against the Downingtwn Running Club and its Directors for any personal injury which I might sustain during club activities, immediately known to me or hereafter discovered, and for any and all other damages or losses which I might incur, now or in the future, arising from or out of my participation in club events.

Signature _____

Downingtwn Running Club



Run With It. All Welcome.

www.downtownrunningclub.org



Downingtwn Running Club

135 E. Lancaster Ave
Downingtwn, PA 19335

DOWNINGTOWN RUNNING CLUB

www.downingtowntownrunningclub.org

ABOUT US

The Downingtown Running Club was formed in November 2008 to promote running and jogging in and around Downingtown, PA. This includes but is not limited to organizing group runs, social activities, and volunteer opportunities where possible. All levels and abilities are welcome.

MEMBER BENEFITS

- Group Training Runs
- Timed Run Series
- Affiliated with USATF
- Race with the Club at local races
- Club Technical T-shirt
- 15% Discount on All Regular Price Shoes at Downingtown Running Company
- Club sponsored by Adidas
- Social Events
- Volunteer Opportunities
- Networking with local runners

2010 – 2011 OFFICERS

President – Michael Harshany

Vice President – Randy Lawrence

Treasurer – Bob Bezgin

Messenger – Greg Prosser

Membership- Mary Matthews

Runner - Kevin Mathews

GROUP RUNS

Group training runs with others of all pace ranges.

- Saturday Group Runs
- Hill Workouts
- Track Workouts
- Trail Runs

Check our website for up to date schedule.

www.downingtowntownrunningclub.org.

WHERE TO RUN

Learn all about area running locations.

- Marsh Creek State Park
- Struble Trail
- Uwchlan Trail
- Hibernia Park

CLUB EVENTS

August Timed Runs. Every Friday Night in August, come out to the 0 mile marker of the Struble Trail for your choice of a 2.5 or 5 mile timed run. See web site for details.

New Year's Resolution Timed Run Series. Timed runs on the Struble Trail every Saturday in January.

Marsh Creek Trail Runs. Run the trails at Marsh Creek State Park.

Weekend Long Runs. Are you training for a marathon and would rather run with a group than alone.

INFORMATION

www.downingtowntownrunningclub.org

contact@downingtowntownrunningclub.org

Or Call Greg @ 610-269-4654