2010 Racewalkers Northwest Membership Application

- **Our club has been active in Northwest racewalking since 1992 and our members represent many different ages and racewalking experience levels.**
- **We are twelve-time overall winners of the Portland to Coast Relay Walk and the two time-overall winners of the Willamette Valley Relay! Our members compete locally, nationally and internationally.**
- **We have six club walks each month, a Mileage Award program, club races and other events.**
- **We encourage new and experienced racewalkers of all ages to join us for informal coaching, group fun and a GREAT workout! Want to check us out? Just show up for one of our club walks!**
- **We have weekly track workouts at multiple locations, including NE Portland, Tualatin and Eugene. See the RWNW website for details! (Track workouts generally run April-October.)**
- **New! In 2010, your membership dues will automatically include you in our mileage award program!**

CLUB WALK SCHEDULE (all walks begin at 8:00 am)		
Day	**Location**	**Meeting Place**
First Saturday	Mt. Tabor Park	Park Entrance on SE Salmon St. and SE Taylor Ct. – just east of SE 60th Ave.
Second Saturday	Springwater Willamette Trail	Sellwood Park Parking Lot – SE Oaks Park Way near Oaks Park; east end of Sellwood Bridge
Third and Fourth Saturdays	Tualatin Hills Park and Recreation District	SW 158th and Walker Road - Meet near the Gymnasium building and basketball courts
Third Sunday	Springwater Corridor	Springwater Corridor Trail – parking lot at SE 45th Ave. and Johnson Creek Blvd.
Fourth Sunday	Duniway Park Track	Duniway Park Track – on SW Barbur Blvd. just north of the former Metro YMCA

Please Print!

Last Name:	First Name:	Initial:
Address:	E-Mail Address:	
City: State: Zip:	Phone:	

□ Male □ Female Birth Date: _____/_____/_____ Interest: □ Fitness □ Competition

Race Preferences: □ Mile □ 3K □ 5K □ 10K □ 20K □ Half Marathon □ Marathon

WANT TO HELP?
___RWNW Activities
___Race Volunteer
___Certified RW Judge
___Sponsor
___Other_____

Annual Membership Fee	$25.00
Pre-Pay Program for Club Races ($25)	_____
T-Shirt (call for pricing) Size: S M L XL	_____
Shipping/Handling - $3.00 per shirt	_____
Other: _____	_____
TOTAL	_____

Please sign the waiver and send your check or money order to Racewalkers Northwest and mail to:

RWNW
PO BOX 3914
PORTLAND, OR 97208-3914

For more information: 503-349-7704 or www.rwnw.org or email us at rwnwreminders@yahoo.com

FOR RWNW OFFICE USE
ID #_____

Waiver:

I know that walking, racing and volunteering to work in club races are potentially hazardous activities. I should not enter and walk in club activities unless I am medically able and properly trained. I agree to abide by any decision of the event organizer or official relative to my ability to safely complete any walk. I assume all risks associated with racewalking and volunteering to work club races including, but not limited to: falls, contact with other participants, the effects of the weather and conditions of the road and traffic on the course, all 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 Racewalkers Northwest and all sponsors, 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 the persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (and Parent/Guardian Signature if under 18)_____ **Date** _____