

2008



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 eleven-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!
- **NEW THIS YEAR:** You can prepay your weekly club walk dollar and save 50%. Just add \$25 to your yearly dues, and you'll be automatically signed up in our mileage award program. Otherwise, you can pay your dollar at each club walk.
- **NEW THIS YEAR:** We've added a weekly track practice on Tuesday nights from 5:30-6:30 p.m. Rob and Carmen are the certified coaches. You must be a member of RWNW to participate. The cost is \$30 per year and you must pay with your membership renewal for insurance reasons.

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 60 th Ave. |
| Second Saturday | Springwater Willamette Trail | Sellwood Park Parking Lot – SE Oaks Park Way near Oaks Park; east end of Sellwood Bridge |
| Third & Fourth Saturdays | Tualatin Hills Park and Recreation District | SW 158 th and Walker Road - Meet near the Gymnasium building and basketball courts |
| Third Sunday | Springwater Corridor | Springwater Corridor Trail – parking lot at SE 45 th Ave. and Johnson Creek Blvd. |
| Fourth Sunday | Duniway Park Track | Duniway Park Track – on SW Barbur Blvd. just north of the Metro YMCA |
| Tuesday Track Practice 5:30 to 6:30 PM | Tualatin Hill Park & Rec 11/1 to 5/31 Sunset H.S. Track 6/1 to 10/31 | Indoor track option during the winter months; outdoor track after school lets out |

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| Please Print! | | | | |
| Last Name: | | First Name: | | Initial: |
| Address: | | | E-Mail Address: | |
| City: | State: | Zip: | Phone: | |
| <input type="checkbox"/> Male <input type="checkbox"/> Female | Birth Date: ____/____/____ | | Interest: <input type="checkbox"/> Fitness <input type="checkbox"/> Competition | |
| Race Preferences: <input type="checkbox"/> Mile <input type="checkbox"/> 3K <input type="checkbox"/> 5K <input type="checkbox"/> 10K <input type="checkbox"/> 20K <input type="checkbox"/> Half Marathon <input type="checkbox"/> Marathon | | | | |
| WANT TO HELP? | | Annual Membership Fee \$15.00 | | |
| <input type="checkbox"/> RWNW Activities | | | Pre-Pay Programs: \$25 Mileage _____ | |
| <input type="checkbox"/> Race Volunteer | | | \$50 weekly track practice _____ | |
| <input type="checkbox"/> Certified RW Judge | | | T-Shirt (call for pricing) Size: S M L XL _____ | |
| <input type="checkbox"/> Sponsor | | | Shipping/Handling - \$3.00 per shirt _____ | |
| <input type="checkbox"/> Other _____ | | | 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.