

**Lake Forest Lake Bluff Running Club  
Membership Form**

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Pay for two years and save \$5.00 on individual and \$10.00 on family memberships

**Individual Membership: \$25 for 1 year, \$45 for 2 years**

**Amount Enclosed \$ \_\_\_\_\_**

**Family Membership: \$30 for 1 year, \$50 for 2 years**

**Student Membership: \$10**

**Out of Area: No fee (email newsletter only)**

RETURN MEMBERSHIP FORM WITH YOUR CHECK TO:  
  
LAKE FOREST LAKE BLUFF RUNNING CLUB  
P.O. BOX 386  
LAKE FOREST, IL 60045

For further information contact Membership  
  
Phone: 847-949-1980  
Membership@lflb.org

**Membership Application**

- New Member       Renewal       Out of Area  
 Change of Address       All information the same as previous years

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**  
**LAKE FOREST/LAKE BLUFF RUNNING CLUB**

**WARNING OF RISK**

Running is intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of running is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the road, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running.

I state that I understand that participating in the runs and other activities organized, sponsored or encouraged by the Lake Forest/Lake Bluff Running Club, specifically including its officers, directors, members, volunteers, employees, and agents (collectively referred to herein as the "Club") is potentially hazardous and may result in injury, including death. I understand that I am solely responsible for determining whether I am medically able and properly trained to participate in these activities. I hereby expressly assume any and all risks associated with participating in any running event or activity, including, but not limited to, falling, slipping, fainting, orthopedic injuries, contact with other participants, premises defects, contact with moving vehicles and all other consequences known to, or which could have been anticipated by me. I specifically acknowledge and recognize that the runs are conducted on: (i) irregular surfaces; (ii) surfaces which are at times wet, icy and slippery; and (iii) public roadways which involve the risk of injury arising from contact with moving motor vehicles. Having read and understood this Waiver and Release and in consideration of my being allowed to participate in the runs and other activities of the Club, I, on behalf of myself and my heirs, executors, administrators, successors in interest and assigns agree to waive, release and forever discharge the Club of and from all claims, losses and liabilities for death, personal injury, permanent or partial disability, medical or hospital bills and all other damages and obligations of every kind and nature and that I and my heirs, executors, administrators, successors in interest and assigns have or may have in the future against the Club arising in any way from my participation in any and all of the runs and other activities organized, sponsored or encouraged by the Club, including, but not limited to those caused by the negligent acts or omissions of the persons I am hereby releasing. I further agree not to sue any of the persons or entities mentioned herein for any of the claims, losses, liabilities, damages or obligations that I have waived, released or discharged herein.

Participant's Signature \_\_\_\_\_ Parent/Guardian's Signature \_\_\_\_\_  
(Required for new and renewal members) (If participant is under 18 years of age)

NAME \_\_\_\_\_ DATE SUBMITTED \_\_\_\_\_

ADDRESS \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ Phone \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ FOR "AGE CATEGORY"

FAMILY MEMBERS \_\_\_\_\_

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