



## London Pacers Running Club

London Pacers is a club with something for nearly everyone in the running and walking community

- **Trail Running**—fun runners to trail series leaders
- **Road Running**—from beginners to Boston Marathon award winners
- **Triathlon and Duathlon**—from Tri-a-tris to Ironman and World Ironman 70.3 qualifiers
- **Track**—we have masters age group record holders
- **Cross country**—the most successful masters club in Canada in 2009/2010
- **Racewalking**—from beginners to world masters medalists
- **Fitness walking**
- **Ultra running**—50K to 100 milers
- Host the highly successful Vulture Bait and Turkey Trot races

### **Benefits of membership**

- Monthly meetings with exciting guest speakers - just this year we have heard from Olympians, coaches, health care professionals, a sports psychologist and a 2:06 marathoner
- Social events
- Charity events
- Discount at Runners' Choice and New Balance London
- Training programs—train for Around the Bay and fall cross country events—free for members
- Free racewalk lessons
- Monthly newsletters
- Winter track night
- Weekly pack runs—use of the Rowing Club on Sunday mornings
- Trail runs—get off the pavement several times a week

Just \$35. per year individual, \$45 for a family

[www.londonpacers.on.ca](http://www.londonpacers.on.ca)

*"Just as runners start to run alone because they must, and continue because they learn to like it, they sometimes come together for practical reasons and keep coming back for social ones."*

Join online (link coming soon) or print the membership form on the next page.



## Membership Application—2012

**Please select one of the following options:**

	1 year \$	2 year \$	3 year \$
Individual	<input type="checkbox"/> 35	<input type="checkbox"/> 70	<input type="checkbox"/> 105
Family	<input type="checkbox"/> 45	<input type="checkbox"/> 90	<input type="checkbox"/> 135
Individual	<input type="checkbox"/> 17.50	July 1 to December 31, 2012. One time only	
Family	<input type="checkbox"/> 22.50	July 1 to December 31, 2012. One time only	

**Please send completed registration forms to:**

The London Pacers Running Club  
 c/o Gwyn Hayman, Membership Secretary,  
 31 Elmwood Place,  
 London, ON  
 N6J 1J3  
 Telephone: (519) 433-2495  
 Email: [gwyneth.hayman@gmail.com](mailto:gwyneth.hayman@gmail.com)

**New applicants: How did you hear about us?**

**PLEASE PRINT LEGIBLY**

Name in full: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 (yyyy/mm/dd)

E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_ (H) \_\_\_\_\_ (C/W)

**Address:**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Please provide the names and birth dates of other family members (for family membership). Email is optional.**

Name: _____	DOB: _____ (yyyy/mm/dd)	Email _____
_____	DOB: _____ (yyyy/mm/dd)	Email _____
_____	DOB: _____ (yyyy/mm/dd)	Email _____
_____	DOB: _____ (yyyy/mm/dd)	Email _____

WAIVER AND RELEASE: I/we am aware that there are risks associated with running/walking and the training for that sport. In consideration of this, I/we for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE AND FOREVER DISCHARGE the executive, volunteers, coaches, organizers and sponsors of the London Pacers Running Club and all their agents and representatives OF AND FROM ALL CLAIMS, demands, actions and causes of action whether in law or in equity in respect of death, injury, loss or damage to my/our person or property HOWSOEVER CAUSED and whether or not the result of negligence, arising from my/our participation in club activities. I/we consent to the use of membership information and photographs for club business and promotion.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_