



Oceanside Running Club Association
 The team for runners in the mid-Vancouver Island area
"we sink or swim together"

PARKSVILLE/QUALICUM BEACH BC

MEMBERSHIP FORM

New Member Renewal: Information Change: Waiver Form on Back Signed:

	Last Name	Given Name	Initial	Gender (m/f)	Birthday (mm/dd/yyyy)
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____

Street: _____

City: _____ Postal Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email: _____

Would you be willing to help with club organization or events? Yes No Call Me

ANNUAL MEMBERSHIP EXPIRY DECEMBER 31 INDIVIDUAL \$10.00 FAMILY \$15.00

Includes membership to Vancouver Island Running Association (VIRA)

PLEASE MAKE CHEQUE PAYABLE TO "TEAM ORCA"

MAIL TO: Sarah Rycroft C/O Investors Group 102-193 Second Ave W, Qualicum Beach, BC V9K 2N5
 or give to any member of the Executive Committee

INFORMATION and group run details visit www.orcarunning.ca

WHO ARE WE?

- A diverse group of people who love to run and meet in the spirit of fun, good health and friendship.
- Some of us are very slow, a few are very fast and most are somewhere in between – we cater to all.
- Some of us race and many do not.
- We are a VIRA sanctioned running club.

WE WILL MAKE YOU FEEL WELCOME.

WHAT DO WE OFFER?

- Scheduled weekly trail or road runs of varying distances at paces to suit everyone.
- Runs to improve speed, strength and stamina.
- Training advice and plans.
- Injury prevention tips.
- Motivation to help achieve your running objectives.
- Social events.
- Discounts at various retail outlets.
- A comprehensive Internet web site and active email communication.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS

By signing this document, you waive certain legal rights, including the right to sue.

I know that participating as a runner, jogger, walker or in a wheelchair, or with a stroller in a running club is a potentially dangerous activity and that I should not participate unless I am medically able and properly trained. I also know that there will often be traffic on running routes. I assume these risks. I also assume any and all other risks associated with participating in a running club, including but not limited to falls, injury, contact with other participants or persons, the effects of the weather and the condition of the roads or running surfaces, all such risks being appreciated by me. In consideration of you accepting my membership into the Oceanside Running Club Association (Team Orca), I hereby for myself, my heirs, executors, administrators and assigns release, save harmless and indemnify all those persons comprising the group commonly referred to as the Oceanside Running Club Association (Team Orca) and the said Association, their respective agents, employees, assigns or anyone else for or on their behalf (the "Releasees") from and against any and all existing and future claims, actions, costs, expenses and demands in respect to death, injury, damage, loss or expenses to my person or property, whether foreseen or unforeseen and wheresoever and howsoever caused, arising out of or in the course of my participation in this running club and related events and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act, including without limitation, negligence of the Releasees or any of them.

I hereby grant Oceanside Running Club Association (Team Orca) permission to use my photograph or video image and name in any publications, displays, presentations or other related use in any format (print, electronic, www site, or other media) for the purposes of documenting and promoting Team ORCA or the Oceanside 10K race, activities, sponsorships and projects. I waive any fees, copyright or other rights I might have in my image as represented in my photograph or image in perpetuity. **I hereby acknowledge having read this release and waiver and by accepting a membership I understand and accept its terms.**

Parent or Guardian must sign if participant under 19 years of age

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____