

# Membership Application

Please complete & sign this form and send it and your membership fee\* to the address below, OR bring both to a group run.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Are you currently running?  Yes  No

What is your weekly mileage?  
\_\_\_\_\_

What are good days/times for you to run?  
\_\_\_\_\_

Do you have a running goal?  
\_\_\_\_\_

How did you hear about SRC?  
\_\_\_\_\_

Additional Memberships:

Spouse: \_\_\_\_\_

Child: \_\_\_\_\_

Child: \_\_\_\_\_

Membership Level:

- Single (\$25)       Family (\$50)  
 Partner (\$40)     Junior (\$15)

Please see our website for a full description of membership levels.

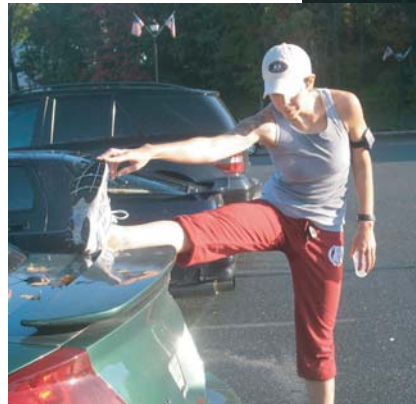
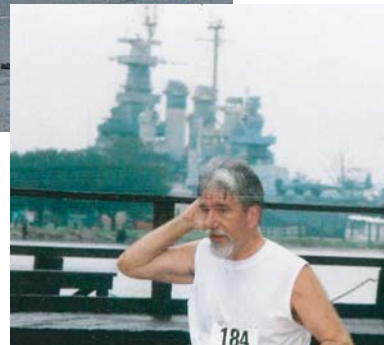
Make checks\* payable to: **Sparta Runners Club, Inc.**

**1 Pheasant Walk, Sparta, NJ 07871**

*\*Sorry, we do not accept credit cards, thank you!*

RELEASE AND WAIVER: I know that running with and volunteering to work at events of the Sparta Runners Club, Inc., a New Jersey nonprofit corporation (the "Club"), is potentially hazardous. I understand that I should not enter into or run in Club events unless I am medically able and properly trained to do so. I am voluntarily assuming all risks associated with running and working at Club events, including but not limited to, falls, contact with participants, spectators or others, the effects of the weather, high heat or humidity, the condition of any road, trail or course, all such risks being known and appreciated by me. Having read this Release and Waiver and knowing these facts, and in consideration of membership in the Club and permission to participate in Club events, I for myself and anyone entitled to act on my behalf, knowingly agree to waive, indemnify and release the Club, the Road Runners Club of America, and all of their respective sponsors, affiliates, representatives, agents, directors, officers, trustees and successors, of and from all claims, actions, rights, damages, costs, expenses, judgments, demands and liabilities of any kind whatsoever in law or equity, arising out of any loss, damage or injury (including death) that may be sustained by me during or arising from my participation in any Club activities, even if such liability arises out of the negligence of any person or entity named in this waiver.

\_\_\_\_\_  
 \_\_\_\_\_



## Sparta Runners Club

A New Jersey Non-Profit Corporation



[www.spartarunners.org](http://www.spartarunners.org)

- Runners & Run/Walkers
- Beginner & Experienced
- Individuals & Families
- Health & Fitness
- Weight Management
- Racing & Competition

Weekly runs, road trips,  
social events, training & more!

Friendship ◦ Fellowship ◦ Camaraderie

For more info, contact Glenn at [gbachmann@spartarunners.org](mailto:gbachmann@spartarunners.org)



Part of the joy of running is found in competition - to better oneself, to keep on track, to know how you are doing. Members of the club run in local races as well as destination runs. Some races of note are Krogh's Turkey Trot in Lake Mohawk, The Liberty Half-Marathon in Jersey City, the NJ Marathon and Long Branch Half Marathon. We also assemble informal runs for special occasions like our annual run around Lake Mohawk at Christmas (Santa hat optional).



# Sparta Runners Club



The Sparta Runners Club Inc. (SRC) is a group of runners and joggers from Sparta and the surrounding areas of New Jersey. Our charter is to provide a way for you to meet with other recreational and competitive runners of all abilities to train, exchange information, provide support and develop friendship, fellowship and camaraderie.

The core club activities are a "short" Wednesday night run around Sparta, and "longer" run held on either Saturday or Sunday morning, usually at 8 AM. Mileage is determined by members' preferences or goals. Our weekend runs are scheduled at a variety of locations, including routes in and around Sparta as well as at New Jersey's many beautiful runner-friendly parks and trails that are within driving distance, such as the Paulinskill and Sussex Trails in Lafayette, Patriots Path, Palisades Park, Ridgewood, Columbia Trail, and Morristown's Loantaka Park.

Just starting out? Do you have a race you are training for? Or are you looking for someone to trade training and nutrition tips with? Whatever your goal, our club is dedicated to supporting our members. Several members have expressed how much more they enjoy running now that they have a pool of experiences and abilities to draw from.

Join us for one of our runs and see if you like it. We welcome visitors because we know that its about who you run with that can make all the difference.



Here are some reasons why runners have joined our club:

- Weekly runs to keep you on track.
- Make new friends who don't think running is strange.
- Lose some weight, find some muscle.
- Learn from other runners about training, shoes, Glide, Gu and the other mysteries of running.
- Share training tips and recipes.
- Get in shape and stay there.
- Build up endurance and (gasp) consider a marathon or half.
- Become stronger in mind and body.
- Achieve a personal goal.
- Share successes and have your own personal cheering groupies at races and runs.
- Attend social events, eat great food, and get involved with community events.
- The T-shirt, of course!
- See the hidden side of New Jersey: the parks and trails that make up beautiful Sussex County and rest of the State.

A Common Question:  
*What's the best way to start running?*

How about combining walking and running? Several of our members have chosen to ease into running by working up slowly using this method. It's a great way to build strength and reduce potential for injury. You don't have to be a speed-racer to run with the SRC.

Send Glenn an email to find out our weekly run locations:  
[gbachmann@spartarunners.org](mailto:gbachmann@spartarunners.org)