



Membership/Renewal Form

If you are renewing and no information has changed, you may leave most areas blank.

Calendar Year: 20____ **Type:** (Check one) **New Member** ____ **Renewal** ____

Name: _____

Address: _____

City: _____ **Postal Code:** _____

Email: _____ **Phone:** _____

Dues: Individual(\$10) ____ **Family (\$15)** ____ (names: _____)

I am available to help with: **Local races** ____ **Club socials** ____ **Executive** ____ **Drawprizes** ____
Other ____

Please read, understand, and tick box below:

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless, Bastion Running Club, its representatives and agents, coaches and Directors, for any injury, loss or any damage to my person or property howsoever caused, arising out of any connection with my taking part in Bastion Running Club organized sessions and activities, notwithstanding that the same may have been contributed to or associated with the negligence of the Bastion Running Club, representatives or agents, coaches and Directors.

I understand that I am not obliged to perform or participate in any activity related to any training exercise, routine or protocol that I do not wish to and that it is my right to refuse such participation at any time before or during my training session. I am of sound mind and judgment and it will be my decision alone to attempt any athletic training that the club proposes.

I agree with the above statements. Initials: _____

Please fill out and send form with dues to:

Bastion Run Club, PO Box 2004, Nanaimo, BC, V9R 6X5

Or fill out form and hand in with dues to:

- **Frontrunners Nanaimo, 101-1825 Bowen Rd, Nanaimo**
- **Running Room Nanaimo, Unit 120D, 3200 Island Highway, Nanaimo**

Or register online at: <http://bit.do/BRCMembership2017> (Plus processing fee)

Email: info@bastionrunclub.ca Website: bastionrunclub.ca