



Northern Utah Triathletes - Membership Application – 2009 & 2010

This includes a membership in the local running group, **South Davis Road Runners**. Group contact Lora Erickson, 801-299-1601, lora@blonderunner.com.



CONTACT INFORMATION		<input type="checkbox"/> renewal	<input type="checkbox"/> new member
Name:			
Street Address:			
City, State, ZIP Code:			
Contact Numbers:	home:	work:	cell:
E-Mail Address:			
My contact information can be given out or posted for group purposes.	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please initial here _____		
Please include me on the e-mail weekly reminder and quarterly newsletter list.	<input type="checkbox"/> Yes <input type="checkbox"/> No Note: you will still need to opt-in on-line. Look for the link in your welcome letter.		

PERSONAL AND COMMITTEE INFORMATION	
Demographics:	Date of birth: _____ Age: _____ <input type="checkbox"/> male <input type="checkbox"/> female
Current Occupation:	
Are you or have you ever been a trainer, coach or fitness professional?	<input type="checkbox"/> Yes <input type="checkbox"/> No Explain: _____ If yes, you will need to fill out a conflict of interest agreement .
Want to learn more about the competitive <i>Triathlon or Running Racing Teams</i> ?	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes , which one?: <input type="checkbox"/> Running <input type="checkbox"/> Triathlon
How did you find out about the group?	<input type="checkbox"/> Friend <input type="checkbox"/> Newspaper/Magazine <input type="checkbox"/> Race flyer <input type="checkbox"/> Website <input type="checkbox"/> Facebook <input type="checkbox"/> Other: _____

What committee areas do you have experience in or are willing to contribute (mark all that apply):

- Athlete support.** Provide support to runners on the long runs including clothing pick-up or give out refreshments (water, Gatorade, energy bars).
- Race Committee.** Involvement in putting together a yearly signature event/race for the group.
- Marketing.** Promote the group at races, generate flyers, and increase community involvement.
- Member benefits and sponsor support.** Help secure group membership benefits, discounts, community and sponsor support.
- Socials.** Involved in planning and carrying out parties and social events for the group.
- Education.** Support and involvement in getting guest speakers for the monthly education clinics.
- Team challenges.** Put together team challenges and incentives.
- Race calendar & race news.** Put together a yearly race calendar and keep everyone updated on sign-up dates and race news and member results.
- Newsletter & runner spotlight.** Generate a useful quarterly periodic newsletter and interview fellow group members for runner spotlights.
- Welcoming Committee.** Contact new members and assign committee roles.
- Other:** Specify _____

(over)

HELP US GET YOU KNOW YOU BETTER

How would you describe yourself as an athlete? Beginner Intermediate Advanced Professional
 Triathlete Runner only Other: _____

Other athletic experience?

Describe your athletic history (how did you get started? marathons, teams etc..) & goals:

Tell us about your family, hobbies and interests:

What are some of your favorite products? (shoes, fuel, brands, hydration belt)

Agreement and Signature

I understand that membership in the Northern Utah Triathletes and South Davis Road Runners (hereinafter the "group") is subject to approval and may be revoked at any time at Lora Erickson's sole discretion. I further understand that fitness activities involves risks including but not limited to injury, heart problems, and death due to the rigors of exercise, various terrain, weather conditions, traffic, and animals hazards. I understand that I am solely responsible for each and all of such risks and all other risks and events that may arise during and in connection with my participation in any exercise or other activities of which I receive notice of or information about from the group and/or its owner. I also understand that my participation with the group is voluntary, and I hereby waive any and all claims, actions, damages, costs (including attorney's fees) arising or suffered in connection with the group and/or its owner or any activities of which I receive notice from the group or its owner, which shall be effective for myself, my heirs, successors, and assigns, in connection with any the group races or other activities in which I or others may participate. I agree to the terms outlined in the **Conflict of Interest Agreement**. I further understand that payment of membership fees does not entitle me to any ownership or management of the group. Finally, I agree not to sue or bring any claim or administrative action against the group, its owner, Blonde Runner Health, LLC and the principal of its owner, and I agree that all of the provisions and protections and effect of the foregoing waiver, in its entirety, is intended to extend to the owner and such owner's principal of the Northern Utah Triathletes and South Davis Road Runners.

Name (printed):		
Signature:		Date:

South Davis Road Runner SHIRT ORDER (please circle what you want):
Long Sleeve (dry-wick black) - \$22 Short Sleeve (dry-wick green) - \$18
Adult sizes: **Women: S M L XL 2XL Men: S M L XL 2XL**
Note: Shirts can take up to 6 weeks to come in. Available for pick-up only.
Are you interested in getting a triathlon jersey (circle one): Yes No

Shirt(s) cost: _____
Add. donation: _____
Member Fee: \$25.00
Total: _____

Please return this form to:
c/o Lora Erickson
135 West 1900 South
Bountiful, Utah 84010

2010 Membership Fee: \$25
make checks payable to
Blonde Runner Health

For office use only:
Date: _____ Amt pd: _____
Ck # _____ Cash: _____
intl _____ Notes: _____
member # _____

---► **Join us online: northernutahtriathletes.com or sdroadrunners.com**