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# 2015 Race Montana Running Club Membership Application

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## Who We Are

RACE Montana is a group of athletic enthusiasts joined together in the common interest of promoting a healthy lifestyle through running, walking, swimming, cycling, and competitive racing. It is our goal to provide the community with organized events, group training sessions, informative clinics, and social gatherings.

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## BENEFITS OF MEMBERSHIP

*Annual dues are from January 1 to December 31*

- ⇒ Insurance coverage for runners
- ⇒ Quarterly subscription to club newsletter featuring:  
Race apps, results, articles, event calendar
- ⇒ Informative clinics by Topic Professionals
- ⇒ Membership in Road Runners Club of America (RRCA)
- ⇒ Organized Group Runs
- ⇒ Rookie Runner & Distance programs (5k, Half & full Marathon)
- ⇒ Social Events
- ⇒ Because we are insured, membership opens up opportunities to run on the GF High Track, in CMR high school, on the Golf Courses.

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## RRCA Membership Info

Affiliation with RRCA brings the Great Falls running community together with 7 Montana based RRCA running clubs and over 1,400 organizations in the nation. RRCA provides valuable resources to runners and race directors. It is the “oldest and largest national association of running clubs, events and runners dedicated to promoting running.” [www.rrca.org](http://www.rrca.org)

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## Current Running Clubs

**Grrranimals** – Dan Hodson - 406-564-8046

Meets Tuesdays and Thursdays at 6AM  
Mix of Running and Body Weight Strengthening  
Locations outlined on monthly schedule.  
Facebook Page: Great Falls Running Group – GRRAnimals

**Blister Sisters and Misters** – Wendy Lee - 406-868-1854

Sunday mornings – 6-12 mile group run

**Wednesday Night Runners** – Branch Brady – 406-788-2871

*Summer Months* – Wednesday Nights only. Meet at Access Fitness – West parking lot @ 5PM for 1 hour group run – hill repeats.  
*Winter Months* – Mondays, Wednesdays, and Fridays at 5PM. Meet at CMR High School – 3<sup>rd</sup> floor for 1 hour stair repeats. Enter through North East entrance.

**Treasure State Trail Runners** – Kameron Kidrick – 406-799-4508

Facebook site for posting trail runs and ultra-endurance training.

**Rivers Edge Runners** – Robert Jenkins

Facebook site for posting group runs

**Great Falls Tri Club** – Gary Schoenhals

Facebook site for posting group workouts – such as outdoor swims and road rides.

**BYOC** – Peggy Ray – 406-590-5505

Winter Months only. Fridays @ 6AM. 1 hour of Body Weight Strengthening & Plyometrics. Meet at rear entrance of Klinefelter Insulation – 2412 – 13<sup>th</sup> St. S.

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## RaceMT 2015 RRCA Running Club Membership Application

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Birthdate

\_\_\_\_\_  
Email Address

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

\_\_\_\_\_  
Signature

Male     Female    \_\_\_\_\_  
Date

I know that running and volunteering to work in club-sponsored events are potentially hazardous activities. I will refrain from entering and running in club activities if I am not medically able and/or properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering for club sponsored events, including but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, RACE MONTANA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. RACE MONTANA has permission to include my name, address, telephone number, and email address in any RACE MONTANA directory and/or website to be used for club purposes, only.

Mail application and \$25 per member to:  
RaceMT \* PO Box 3144 \* Great Falls, MT 59403