



St. Louis Ultrarunners Group

Membership Application

The St. Louis Ultrarunners Group, or SLUG's, is a group of ultrarunners whose goal is to promote ultrarunning in the St. Louis area.

New Member ___ Renewal ___ Address Change ___ Phone Change ___			
Name _____		Birth Date _____	
Street Address _____			
City _____		State _____	Zip _____
Home Phone _____		Work Phone _____	
Email _____		Occupation _____	

Membership fee is \$20.00 for one calendar year starting in January. Make check payable to Carl Phillips, SLUG Treasurer, and mail to: 9720 Trinidad, St. Louis, MO 63126.

Club Membership Application Waiver. I know that running and volunteering to work in a club race(s) are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and 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 to work in club races including, but not limited to, falls, contact with other participants, the effects of weather including, heat, humidity, and cold, the conditions of the road or trail, 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 St. Louis Ultrarunners Group 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 the liability may arise out of negligence on the part of the person named in this waiver.

Signature _____ Date _____

Quarterly meetings are held to make decisions about club organization and activities. The club conducts ultramarathons in the St. Louis area. SLUG members meet for weekend fun runs in a variety of locations around the St. Louis area. Joining the club is a great way to meet other ultrarunners and share information related to ultrarunning. The club is a member of the RRCA. Membership includes: subscriptions to the SLUG Newsletter, the RRCA's publication Foot Notes, and SLUG email-list; substantially reduced entry fees into club sponsored ultras. Visit our website at: www.stlouisultrarunnersgroup.net.