



THE ADIRONDACK RUNNERS  
2011 MILEAGE HIGH CLUB

**Application**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

<u>Mileage Goal for the Year</u>	100 Miles	_____
	350 Miles	_____
<b>Running and Walking</b>	650 Miles	_____
	950 Miles	_____
Note!!!	1250 Miles	_____
To participate in 2011	1375 Miles	_____
Mileage High Club you MUST be	1500 Miles	_____
Enrolled by <u>May 1, 2011</u>	2000 Miles	_____
	Other Mileage	_____
	(Specify)	_____

It's easy to join. Just fill out this application, sign the bottom and email or mail it to the address below. Keep track of the miles you walk or run and report quarterly. You will receive a certificate at the 2012 Grand Prix Club Meeting. When you reach 5000 miles you could be eligible to receive a club jacket indicating as much. It's fun, it's easy and it just might give you the incentive you need to increase your mileage. What do you say?

In consideration of the opportunity to participate in the Adirondack Runners' year 2011 Mileage High Club, I hereby for myself, my administrator, my heirs and assigns, waive all claims against The Adirondack Runners, The Road Runners Club of America, and any and all persons associated with this event for any injury I might suffer as a result of participation in this event. In addition, I certify that my physical condition is good and that I am fit to participate in this yearlong event.

**Parent or guardian must sign if participant is under 18 years of age.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Send completed form to:

**Mary Rubin**  
293 Shine Hill Road  
Fort Ann, NY 12827

-or-

**mileagehigh@adirondackrunners.org**

Open to Members of  
The Adirondack Runners Only