



# SECOND WIND RUNNING CLUB

Second Wind Running Club is a non-profit organization established in 1983 to promote running activities in the Champaign-Urbana area. Membership is open to anyone interested in running or walking for health, fitness, or performance. Goals are to support runners' exercise, social events, local races and companionship. The club offers support, information and advice to runners at all levels in the community.

## MEMBERSHIP APPLICATION

Please print clearly.

Your signature indicates agreement with the Liability Waiver below.

Last name	First name	M/F	Birthdate (mm/dd/yyyy)	Signature	Date
Address _____					
Street					
_____					
City		State		Zip	
Phone (____) _____					
Email _____					

Check one:  New membership  Renewal

Check one:  Individual  Family

You can also join online with a credit card.  
[www.secondwindrunningclub.org](http://www.secondwindrunningclub.org)

Would you like to receive club announcements by email (via Google Group)?  Yes  No

Would you like to receive our newsletter, *In Passing*, by email instead of U.S. Mail?  Yes  No

Information for additional household members:

Last name	First name	M/F	Birthdate (mm/dd/yyyy)	Signature	Date
Last name	First name	M/F	Birthdate (mm/dd/yyyy)	Signature	Date
Last name	First name	M/F	Birthdate (mm/dd/yyyy)	Signature	Date
Last name	First name	M/F	Birthdate (mm/dd/yyyy)	Signature	Date

**LIABILITY WAIVER**  
 Participating in club related activities can be potentially hazardous, and I agree not to participate unless I am physically capable and properly trained. Any physical concerns have been addressed by a properly trained health care provider. I agree to abide by the decision of a race official or medical personnel relative to my ability to safely complete the run. I assume all risks associated with participating, including running and volunteering to work in club races, including falls, contact with other participants, the effects of weather, road and traffic conditions of 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, as well as any minor members of my household named on this application, waive and release Second Wind Running Club and the RRCA 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 persons named in this waiver.

**Please make your check payable to Second Wind and mail it with the application to:**  
 Second Wind Running Club  
 P.O. Box 6082 • Champaign, IL • 61826

Membership Fee		Amount		
Membership runs on a twelve month basis from the date your membership begins.	Individual	\$20		
	Family	\$30		
<b>Second Wind Shirts</b> Members can buy this year's club short sleeve technical shirt for \$15 each.				
Please indicate the size(s) and number(s) of shirts.	S	M	L	XL
Quantity of each				
Shirt subtotal		(number of shirts × \$15)		
TOTAL amount due			\$	

Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.  
 —William James