



Membership application

The Lawrence Trail Hawks trail running club is a Road Runners Club of America- affiliated, 501(c)3 non-profit trail- and ultra-running group. Founded by Lawrence area trail and ultra runners, we run on, promote and care for the Lawrence trails, including the Kansas River Trails (sometimes known as the Sand Rat trails), and the Clinton Lake North Shore Trails.

We work with the Kansas Department of Parks and Wildlife and the Kansas Trails Council to help keep the trails groomed and free of trash. We stage events, and help with other groups' events that meet our goals of promoting and caring for the trails.

We take care of the trails, our fellow Trail Hawk members, and all others who have interest in the trails similar to our own. We might not do as much as we'd like, but we do what we can. Dues are \$10 yearly and entitle members to gear and event-entry discounts, and other benefits.

PLEASE PRINT CLEARLY & MAIL WITH PAYMENT TO ADDRESS BELOW

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____)-_____ Email _____
Birthdate: ___/___/___/ Sex: M _____ F _____

How many trail races have you completed? _____
How many ultras have you completed? _____

Can you volunteer a few hours annually for event support and trail maintenance? _____

Make Checks Payable To: Lawrence Trail Hawks. Mail to Gary Henry, 322 Woodlawn Drive, Lawrence, KS 66049.

WAIVER Fine print—please read, understand and sign.

Waiver: I know that running and working club events can be hazardous activities. I should not participate in club activities unless I am medically able and properly trained. I agree to abide by decisions of event officials relative to my ability to safely complete any run. I assume all risks associated with running and working club races and runs including, but not limited to, falls, contact with other participants, weather, including high heat and/or humidity, road and trail conditions, 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 ROADRUNNERS CLUB OF AMERICA, the Lawrence Trail Hawks, other affiliated groups, 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 persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of my participation for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades are not allowed in Lawrence Trail Hawks events and I will abide by this guideline.

Signature (Parent's Signature if Under 18 yrs.) Date

