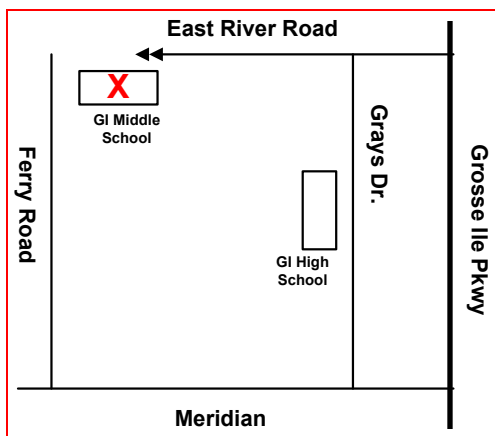


Weekly Runs:

Every Saturday year-round at 8:30 am Grosse Ile Middle School parking lot. Walk or run 4.3 or 6.3 miles or distance of your choice.



Visit our webpage to see our special events. Everyone is welcome.

Islandroadrunners.com



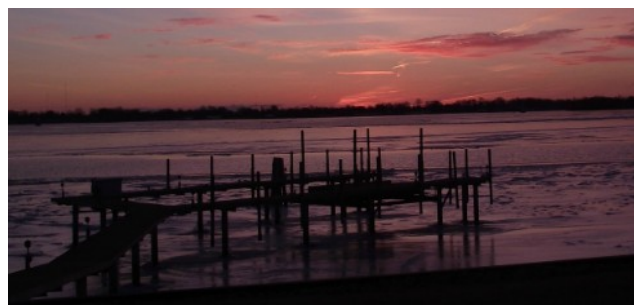
Like us on Facebook!

For more info, go to

islandroadrunners.com

Or call Total Runner at

(734) 282-1101



Proud member of Road Runners Club of America since 1995



ISLAND
ROAD RUNNERS
GROSSE ILE, MI

Membership
&
Club Information



islandroadrunners.com

Who we are:

The Island Road Runners was founded in 1981 and in 1995 became a member of the Road Runners Club of America (RRCA). The club provides support and encouragement to its runners and walkers, as well as promoting community fitness and awareness. We encourage runners and walkers of all abilities to join our friendly group. We also provide running and walking mentoring services.

Meeting Times:

We meet every Saturday morning throughout the year at Grosse Ile Middle School at 8:30 am. There are several course options for running and/or walking and their lengths. All abilities are welcomed.

During the summer months, we designate one Saturday per month as "Tailgate Treats". This includes breakfast following the run/walk at the Middle School parking lot.

For special Monday evening events or other Club events go to: islandroadrunners.com

IRR Memorial Day Race:

Each Memorial Day we organize and sponsor a 1-mile fun run/walk and a 5k & 8k race at Grosse Ile High School. We are proud of this event and have been doing it for over 25 years. This race continues to grow in popularity as it provides a scenic course, quality shirts and exceptional post-race goodies and awards.

IRR Club Benefits:

- *Receive run and calendar event emails
- *10% discount on all non-sale items at Total Runner
- *Tailgate Treats
- *Subsidized annual banquet
- *Best of all...Lots of fun, motivation, better

ISLAND ROAD RUNNERS

MEMBERSHIP APPLICATION

Name _____

Address _____

City, State & Zip _____

Telephone () _____

e-mail address:

Check here if info is same as last year.

Names of additional family members joining:

Renewal _____ New Membership _____

Annual membership fee for individual or family membership is \$10. Make check **payable to Island Road Runners**. The waiver must be signed by all family members and must all live in same household.

Send this form with \$10 fee to:

**Island Road Runners
c/o Total Runner
15265 Dix-Toledo Road
Southgate, MI 48195**

Membership Waiver

I agree that I am a member of the Island Road Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Island Road Runners, the township of Grosse Ile, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, 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 my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

Parent's signature if under 18 years of age:

_____ Date _____