

# Lompoc Valley Distance Club

PO Box 694, Lompoc CA 93438

<http://www.impulse.net/~lvdc>



Alan Hunt	President	736-5435	Ron Cortopassi	Treasurer	
	Vice		Nancy Perry	Newsletter	736-7122
Wayne Davis	President		Race Director	Coordinator	
	Secretary	736-7177	Ron Cortopassi	Webmaster	

JOIN THE LOMPOC VALLEY DISTANCE CLUB

SIX RACES SCHEDULED IN 2009

QUARTERLY MEETINGS

MONTHLY NEWSLETTERS

DISCOUNTS ON SOME RACES



## LOMPOC VALLEY DISTANCE CLUB MEMBERSHIP APPLICATION FOR 2009

LAST NAME	FIRST NAME	AGE	DATE OF BIRTH
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ADDRESS	CITY	ZIP	PHONE
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E-MAIL ADDRESS: \_\_\_\_\_

CHECK ONE

- RENEWAL
- NEW MEMBER

SINGLE/FAMILY  
MEMBERSHIP \$15.00

Dues payable 1 January  
Half price after 1 July

### Club Membership Application Waiver

I know that running and volunteering to work in club races 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 the weather, including high heat and/or humidity, the conditions of the road 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 Road Runners Club of America, the Lompoc Valley Distance Club, and all sponsors, their representatives and successors from all claims or liability 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 name in this waiver.

\_\_\_\_\_  
SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18)

\_\_\_\_\_  
Date

Mar - Dr Trettin 5K  
May - Mission Fiesta 5K/10K

Jun - Parade Route 3 miles  
Aug - Lizard Breath Fence Line

Sep - Park to Park 8 Miles  
Sep - Half-Marathon