

## August 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30 PM YOUTH WORKOUTS	2	3
4 CLUB OUTING & SOFTBALL GAME	5 Youth Workout	6	7 ADULT WORKOUTS Heatwave 5k	8 CIGNA 5K	9	10 Belmont 10mi NHGP
11 CLUB TRI	12 7:15 PM E-BOARD Youth Workout	13	14 ADULT WORKOUTS	15 5:30 PM YOUTH WORKOUTS	16	17
18 CLUB GOLF OUTING	19 Youth Workout	20	21 ADULT WORKOUTS CLUB MEETING Yogurt nite	22 5:30 PM YOUTH WORKOUTS	23	24
25	26 Youth Workout	27	28 ADULT WORKOUTS	29 5:30 PM YOUTH WORKOUTS	30	31

## September 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Francistown 5 St Charles 5K	3	4 ADULT WORKOUTS	5 5:30 PM YOUTH WORKOUTS	6	7
8 Coe Brown NH RRCA XC Mill City 5k NEGP	9 7:15 PM E-BOARD Youth Workout	10	11 ADULT WORKOUTS	12 5:30 PM YOUTH WORKOUTS	13	14
15	16 Youth Workout	17	18 ADULT WORKOUTS CLUB MEETING	19 5:30 PM YOUTH WORKOUTS	20	21 LAKE WINNI
22	23 Youth Workout	24	25 ADULT WORKOUTS	26 5:30 PM YOUTH WORKOUTS	27	28
29 Ro-Jacks 8k NEGP	30 Youth Workout					

<b>Time to Renew</b> Expired 7/31/02	John Heden Chris Howard Deb Hughes Lance Keeve Jack Kick Kevin Klasman Family Michael Levesque Famy John Lewicke Family Sarah MacGillivary Ron Matviya Family Patrick J. McCabe Famy Patrick McGrath Robert McGuirk Family Shusuke Minami Family Daniel Mitton James Moskun Family Bill Prokop	Jim Rhoades Jerry Rocha Family Steven Rollman Family Mark Roy Laura Schulte Achilles Scontsas Famy Brian Stevens Emily Strong Byron Telage Darryl Whitney Brian Withers  Expires 8/31/02  David Beasley Family Allen Broggi Carolyn Carson	Donna Cooksey Domenic D'Intino Fam John Dionne Francis Dwyer Family Zach Emerson Ron Johnston Family Marylu Klum Jeff Lind Bruce Lutz Family Mary Marsh Mike Merra Family Heather Mormello Whit Rappole Jennifer & Katie Ryan Harry Ward Michael Whelton	Expires 9/30/02  Brian Bigelow Gordon Burnett Family Karen Collinge Peter de Bruyn Kops Fm Jason Dion Priscilla Flynn Family Brian Gill Patrick Guiney Carl Hefflefinger Jennifer Kent Mackenzie Kilpatrick Yuki Minami John Porter & Family Andrew Prolman Family Jim Quadros
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### Gate City Striders Membership Application Form

This is a (circle one) : New Membership    Membership renewal

Membership type (circle one) : Youth 14 and under(\$10) Single(\$20) Family(\$25)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

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

Home Tel \_\_\_\_\_ E-Mail \_\_\_\_\_

Optional (we won't hold you to the next 2 items!)

I'd like to volunteer at GCS events(Yes/No): \_\_\_\_\_

I'd like to help with the newsletter(Yes/No): \_\_\_\_\_



I know that running, volunteering at club races and participating in Gate City Striders events are potentially hazardous activities. I should not enter and run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete the run or to take part in the event. I assume all risks associated with running and volunteering in club races and activities 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 my self and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gate City Striders Inc. 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.

Please note that \$1.25 of the annual dues is for a subscription to the Road Running Club of America's quarterly magazine, FootNotes for one year.

Signature required for all persons on this application (Signature of parent or guardian if under age 18).

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

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

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

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

Make check payable to Gate City Striders, Inc. and mail to :  
PO Box 3692 - Nashua, NH 03061  
If at all possible, include a picture of yourself. It will help us recognize you !