



## MEMBERSHIP APPLICATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (day) \_\_\_\_\_ (eve) \_\_\_\_\_

E-MAIL \_\_\_\_\_

REFERRED BY \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ SEX \_\_\_\_\_

Do you have plans to participate in any upcoming races? \_\_\_\_\_

If so, which one(s)? \_\_\_\_\_

AREAS OF INTEREST (check all that apply)

- General Fitness  Road Races (5k, 10k, etc)  Speed Work  
 Marathon training  Triathlon  Other \_\_\_\_\_

HOW DID YOU HEAR ABOUT COMMUNITY RUNNING?

- Current Member  Flyer  Web Site  Race/Event  Boston Sports Journal  
 Charity News  MetroSports  Friend  Other \_\_\_\_\_

### WAIVER

I know that running is a potentially hazardous activity. I should not enter and run in club events unless I am medically able and properly trained. I agree to abide by any decision of the coach regarding my ability to safely complete the run. I assume all risks associated with running 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. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Community Running 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Membership is only \$125 for the whole year. The use of the MIT Indoor Track is just an additional \$50.**

Please make payable to:

Community Running  
77 Rumford Avenue, Suite 3B  
Waltham, MA 02453  
(617) 542-2RUN  
[info@communityrunning.org](mailto:info@communityrunning.org)

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## Welcome to Community Running!



We are a fun running club in the Boston-metro area. We offer three coached workouts each week and year round, and they are geared for everybody--regardless of age, experience, or ability. Our core membership is made up of "middle-to-back-of-the-pack" runners who run for fun, fitness, and often for a good cause.

We are accessible on the MIT campus track facilities, with ample free parking. We utilize the MIT indoor track during the winter. [Learn more...](#)

### Workouts

We have three weekly workouts:

#### Speed Intervals

Track workout. We divide into two groups according to speed. We move indoors during the winter.

#### Tempo

Tempo runs by the Hatch Shell (Boston Esplanade). We move indoors during the winter.

#### Long Run

Anywhere between 3 to 20 miles by the Charles River. Members coordinate to prepare water stops.

Learn more about our [workouts](#).

### Resources

We have a great stretching guide, information about injuries, links to other useful sites, and maps of running routes around the Boston area--including our usual warm-up loop around MIT and our long run along the Charles River. Check out the [resources](#) section.



#### November 2004

We're launching our new web site! Some sections are still under construction. Please help us by sending your comments and suggestions. Use this [form](#).

#### November 2004

We're moving indoors on Monday, November 29th. Our schedule for winter practices will be Monday and Thursday nights, meeting at MIT at 7pm for the warm-up, which will take place outside. [Read more...](#)

#### September 2004

Community Running had three teams participating in the Reach the Beach relay race (that's 36 runners!). Everybody had a lot of fun in spite of the many inches of rain that poured courtesy of hurricane Ivan. [Read more...](#)

#### Join Us!

Please feel free to give us a try. Just show up to one of our workouts to take a look--better, come ready to run. Once you realize how fun we are you can join us as a member. We don't have any eligibility criteria other than the desire to run! Browse this web site for more information and don't hesitate to [contact us](#) if you have questions.

