|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Participant InformationPersonal Information | | | | | | | | | | | | |
| Full Name: |  | | | | | | |  | | | |  |
| Last | | | | | | | | First | | | | M.I. |
| Address: | |  | | | | | | | | | |  |
| Street Address | | | | | | | | | | | | Apartment/Unit # |
|  | |  | | | | | | | | |  |  |
| City | | | | | | | | | | | State | ZIP Code |
| Cell Phone: | | | |  | | | Home Phone: | |
| E-mail Address: | | | |  | | | | | | | | |
| Birth Date: | | |  | | | Shirt Size *(circle one)* | | | | Men’s Women’s XS S M L XL | | |
|  | | | | | | | | | | | | |
| Emergency Contact Information | | | | | | | | | | | | |
| Name / Relationship: | | | | |  | | | | | | | |
| Phone Number: | | | | |  | | | | | | | |
|  | | | | | | | | | | | | |
| Additional Information | | | | | | | | | | | | |
| Why would you like to join the Fleet Feet racing team: | | | | |  | | | | | | | |
| Why do you run: | | | | |  | | | | | | | |
| What other running groups/clubs have you run with: | | | | |  | | | | | | | |
| What first got you interested in running: | | | | |  | | | | | | | |
| Which races are you planning on running this year: | | | | |  | | | | | | | |
| What is your favorite race distance and why: | | | | |  | | | | | | | |
| Which Fleet Feet store do you shop at: | | | | |  | | | | | | | |
| What are your training & race goals: | | | | |  | | | | | | | |

**2014 Membership Requirements**  
To be invited to join the team for 2014, prospective members must meet the following criteria:

* Reside in the Sacramento area--defined as a 50-mile radius of the Fleet Feet Fair Oaks & Roseville store location. (Exceptions only with team management approval.)
* Participate in local road races. (We recognize that each member has a specific set of running goals that may direct them to a variety of races. However, visibility in local races is an important role for members.)
* Commit to be active in Fleet Feet Racing practices, racing events and social events as your schedule allows.
* Volunteer in at least one key Fleet Feet sponsored events as your schedule allows. Events include AID stations at CIM, Four Bridges, Western States, and Sierra Nevada Endurance Run.
* Agree to the terms and conditions of the Member Code of Conduct below.

Note: the Team is limited to 100 members in 2014. Team roster will be announced on January 1st.

**Code of Conduct**

Each team member must abide by the club code of conduct. Failure to do so will lead to a termination of membership at any time.

* Always show respect your fellow club members at all times;
* Always show respect and appreciation for the volunteers who give their time to help the club and/or event(s);
* Never yell, taunt, or threaten physical violence upon another member of the club, a volunteer or event spectator;
* Never use abusive or vulgar language, or make racial, ethnic or gender-related slurs or derogatory comments at club events;
* Never make unwanted sexual or physical contact with other members;
* Always report violations of the Member Code of Conduct policy to the Head Coach in writing.

**$100.00 program fee will due upon acceptance**. **May pay over the phone, mail or in person at either store location Roseville/Fair Oaks. Please mail checks: Attn: Dan Napieralski, 8128 Madison Ave, Fair Oaks, CA 95628**

**ATHLETE'S RELEASE -Please sign and date.**

I know that physical exercise is a potentially hazardous activity. I should not participate in the running program unless I am medically able. I agree to abide by any decision of an official relative to my ability to safely complete the event. I assume all risks associated with training, including but not limited to falls, the effects of weather, including high heat or humidity, 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, I for myself, and anyone entitled to act on my behalf, waive and release Fleet Feet Sports Fair Oaks/Roseville, any and all members thereof from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature Date