

# Membership Sign-up and Update Form

Welcome to the **BAYLANDS  
FRONTRUNNERS**

## about us

We are a group of lesbians, gay men, and others who run and walk for fun, fitness, and friendship. All runs and walks are non-competitive, free, and open to all. If you would like to join, please complete the sign-up form on the next page. **Bring the completed form to the registrar** at any run, or return it by mail using the pre-printed address below.

## the roster

Some information will be used in the roster section of the **Membership Directory**, which is only available to club members. Roster listings include name and photo, city and zip code, home phone, work phone, and e-mail address. However, you may elect to have any of these *omitted from the published roster by checking the box below each item to be omitted. Check the boxes below your name if do not wish to be included in the printed directory, the online web directory, or mentioned in a public blog.*

## the Tides

The monthly **BayLands TIDES** newsletter will be mailed to you at the address you provide. There is a two month free trial subscription with new memberships. *If you do not wish to receive any mailings check the box below your address.*

## dues

Membership dues are \$36/year which includes a subscription to the newsletter. Additional members at the same address are half price – just check the “newsletter sharing” box and list the primary subscription name. Dues are pro-rated for a partial year (renewal is in October) according to the table below the form. Exceptions can be made based on ability to pay.

All information is considered strictly confidential and is not shared with anyone without your permission.

Record these items for your information:

date: \_\_\_/\_\_\_/\_\_\_    amt: \$\_\_\_\_\_    check no: \_\_\_\_\_

# Sign-up and Update Form

- New/Returning member – please complete the following
- Current member – list only name, date, and changed items

**note:** information in shaded areas will be included in the roster unless the omit box is checked

name omit from:  directory  web  public blog  today's date

address  do not send mail

city  omit from roster  state  zip

home phone  omit from roster  cell  newsletter sharing with

employer  occupation

work phone  omit from roster  ext  cell  birthday (mo/day)

e-mail  omit from roster

partner  omit from newsletter  anniversary (mo/day/yr)

emergency contact name  relation  phone

referred by (how you found us)

existing member: \_\_\_\_\_  
 newspaper ad in: \_\_\_\_\_  
 flyer posted at: \_\_\_\_\_  
 other: \_\_\_\_\_

pjc © oct14

If you join during:	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
dues are:	\$36	\$33	\$30	\$27	\$24	\$21	\$18	\$15	\$12	\$9	\$6	\$3

**Waiver**  
 In consideration of BayLands FrontRunners' accepting my application for membership, I, for myself and anyone entitled to act on my behalf, forever waive, release, and discharge BayLands FrontRunners, its members, sponsors, officers, representatives, and coaches from all claims or liabilities of any kind arising out of my participation in or traveling to and from an organized BayLands FrontRunners activity. I attest that I am physically fit and sufficiently able to participate in the events of BayLands FrontRunners. I acknowledge that this waiver is effective for the duration of my membership, with no need for reaffirmation at each renewal. I acknowledge that I have read and understand all of the above.

Make check payable to:  
 BayLands FrontRunners  
 Amt paid: \$ \_\_\_\_\_

name \_\_\_\_\_ date \_\_\_\_\_

To use preprinted mailer: Fold on dotted line with printed side out, then fold remaining form in half with printing inside. Enclose check and tape closed.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 return address



POST OFFICE BOX 51456  
 PALO ALTO, CA 94303