

WHY JOIN THE RIVER VALLEY RUNNERS?

1. MEET OTHER RUNNERS: It's a great way to meet runners and walkers of all paces. We have groups that meet every week to run at paces of anywhere from 6 minute to 12 minute miles. We have walkers in our club if you are not a runner.
2. GET INVOLVED: The River Valley Runners are involved in six local races: No Name 5K, Valentine's Day 5K, St. Mary's EXPO 5K, Mt. Magazine 15K, Valley Fest 5K, and Downtown Fall Festival 5K. It's fun to volunteer your time at these races.
3. BE INFORMED: *SHANKS'MARE* is published every quarter for the members of the club. It is an excellent source of fitness information from local running news to a statewide calendar of running events.
4. LEARN: Learn from other runners by coming to the monthly meetings to listen to the knowledgeable speakers and ask questions to well seasoned runners. Learn running tips at our weekly group runs.
5. HAVE FUN: Fun is what life is all about! The River Valley Runners throw parties and eat some of the best food around! We meet monthly and have a great time.
6. GET STARTED RUNNING: Starting a fitness program can be tough. Pointers, words of encouragement, or a new exercise partner can be just the motivation you need to get you on the roads and running.
7. GRAND PRIX: Run in the statewide Grand Prix Series competing with others in your age group and as a River Valley Runner teammate. The River Valley Runners' male team has won more times than any other team in the state!

RIVER VALLEY RUNNERS MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ Night _____ Day _____

E-MAIL
ADDRESS _____

Membership Dues: \$12 Single \$15 Family Make Checks Payable to:
River Valley Runners

MAIL TO: River Valley Runners
P.O. Box 7588
Russellville, AR 72801

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, traffic and the conditions of the road, 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 River Valley Runners, 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 Of **ALL** club members

Date

**JOIN THE RIVER VALLEY RUNNERS
AT ANY OF THE FOLLOWING WEEKLY RUNS**

TUESDAYS 5:15AM – Three to five mile road run. Meet at the Methodist Church parking lot at Commerce and 3rd Street. Contact – Theresa Motley 968-0286.

THURSDAYS 5:15AM – Walk up Mt. Nebo. Meet at the base of the mountain. Contact – Theresa Motley 968-0286.

THURSDAYS 4:30PM – Four or more miles on trails. Meet at Caudle Overlook at Old Post Park. Contact – Steve Hern 880-6625.

WEEKDAYS 4:00-4:30PM – Three and a half or more miles at the Bona Dea Trails. Meet at the trail head on Dike Road. Contact – Tom Aspel 968-4272.

SATURDAYS – Check with Theresa, Tom, or Steve for a road race, trail run, or bike ride.

SUNDAYS 6:00AM – Twelve to eighteen miles. Meet at Dan Field's office behind Hardees on West Main. Contact – Tom Aspel 968-4272.

***WE ARE DEDICATED TO HELPING ANYONE BEGIN
OR IMPROVE THEIR WALKING OR RUNNING
PROGRAM***

**JOIN OUR ANNUAL “WOMEN CAN RUN”
WALKING AND RUNNING CLINIC
FOR ALL LEVELS
EACH SPRING FROM FEBRUARY THRU APRIL**