



# High Desert Runners

## Membership Application



The High Desert Runners club is an association of runners from the Antelope Valley and surrounding areas dedicated to distance running for athletic competition and its life-long health benefits.

Founded in 1978, the club numbers among its membership runners of all abilities, ranging from occasional joggers to elite middle- and long-distance runners. Our members range in age from pre-school children to seniors in their 80's.

Included among our activities are interval (speed) track training, weekend fun/training runs, administration of and participation in public road races, monthly mountain trail runs and sponsorship of an annual summer cross-country series. We hold an annual awards dinner in February. We also publish electronic and occasional print newsletters to keep our members informed of club activities, upcoming events, race results and other items of interest. More information is on our Internet website, [www.highdesertrunners.org](http://www.highdesertrunners.org).

The High Desert Runners is incorporated as a non-profit educational and cultural community organization under the laws of the State of California. We are governed by an elected board and officers, with the annual election held concurrent with our awards dinner in February.

Our annual membership fee, renewable on Jan. 1 each year, entitles you to participate in all club activities, receive the club newsletter, and receive discounts at club-sponsored runs for which a fee is charged. Our current fees are \$15 for an individual, \$25 for a couple or family living at the same address, and \$7.50 for a full-time student. We are a member club of the Road Runners Club of America.

NAME: \_\_\_\_\_ GENDER: \_\_\_ AGE: \_\_\_ BIRTHDATE: \_\_\_\_\_

MAIL ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY/POST OFFICE: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

MEMBERSHIP: Individual (\$15) \_\_\_\_\_ Couple/Family (\$25) \_\_\_\_\_ Full-time Student (\$7.50) \_\_\_\_\_

If Couple/Family checked, please list names and birthdates of running members: \_\_\_\_\_

If Student checked, please note school currently attending full-time: \_\_\_\_\_

HDR T-shirts/singlets are available for an additional fee. Contact the club for styles, sizes and current cost.

Personal Bests: 5K \_\_\_\_\_ 10K \_\_\_\_\_ 1/2-Marathon \_\_\_\_\_ Marathon \_\_\_\_\_

Other Distances: \_\_\_\_\_

TELL US ABOUT YOURSELF! Years running, how you got started, favorite distances and venues (trails, track, roads, etc.), training regimen, family, employment/profession, community activities:

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(Use back if necessary)

Send application with appropriate fee to:

**HIGH DESERT RUNNERS, P.O. Box 1714, Lancaster, CA 93539-1714**

[www.highdesertrunners.org](http://www.highdesertrunners.org)