



Boston Bulldogs Running Club **Membership Application**

Name: _____ Phone: _____

Street : _____ City/State/Zip: _____

Email: _____ Gender: _____ DOB: _____

Emergency Contact: _____

Relationship: _____ Phone: _____

Membership Type (circle one):

Single - \$35 Family - \$60 (list other family members): _____

Sponsor one or more runners in recovery for a 1 year membership - \$35 for each runner

Make checks payable to:

Boston Bulldogs Running Club

How did you hear about the club (circle one)?

Saw a flyer

Facebook

Website

Through a friend

Other: _____

Complete and return to:

Boston Bulldogs Running Club

PO Box 470558

Brookline MA 02447-0558

Waiver of Participation

I agree that as a member of the **Boston Bulldogs Running Club**, I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: 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 accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the **Boston Bulldogs Running Club**, the city of Boston, MA, and the **Road Runners Club of America**, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature and Date (Parent's Signature if Member is Under 18)

Member Guidelines

The Boston Bulldogs are committed to creating and fostering a community of wellness and support. The Bulldogs define **wellness** as having three components: physical, mental and ethical. Here are some guidelines that will ensure that all members are working to improve their own wellness and reach their true potential.

- 1) If you have a need for a particular item (i.e. shoes, transportation, gear or outerwear), please make requests privately through Coach@bostonbulldogsrunning.org. We are happy to assist when we can, and may reach out to Club members on your behalf (usually anonymously) - this guideline will protect anonymity and a safe environment.
- 2) We ask Club members not to request or provide monetary donations to individuals. The Club offers limited financial support on a case-by-case basis, such as assistance with transportation costs, wellness programs, race registration fees and membership dues – again considered upon request privately to Coach.
- 3) Recognize new members at weekly runs and other Bulldog events – we encourage members to connect (run, talk, introduce) with newcomers. At the same time, the Bulldogs seek to provide an anonymous and safe community of support. Individuals are welcome to join for any reason, without feeling obligated to share their personal stories. Please refrain from asking others why they have joined the Club. We encourage people to share their stories with others if they choose, but it is not required.
- 4) The Bulldogs mission is to support **all** those who have been adversely affected by addiction, including those in recovery or having desire to stop using, family and friends, and the community at large. Therefore, we kindly ask that you refrain from attending group runs or any Club events under the influence of any mood-altering substance. Boston Bulldogs events are generally drug and alcohol free as a matter of policy. If you are currently using or struggling with sobriety and need or want support, we encourage you to contact Coach directly and confidentially.