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# AIKEN RUNNING CLUB

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## AN INVITATION TO JOIN . . . .

The Aiken Running Club is a 501(c)(3) non-profit organization of men & women of all ages, interested in the promotion of fitness and good health through walking, jogging, and running. Since being founded in 1979, our interests have gone beyond competitive running. We encourage our members to participate in walking, walkathons, road races, track events, cross country runs, fun runs, and social runs. We support family walking and running, and we promote fair competition for folks of all ages and abilities.

Club meeting are held bi-monthly , to run together and discuss upcoming projects & races, and share running related news. Our monthly newsletter provides members with news of upcoming events and meetings. The Aiken Running Club organizes and assists major events such as the Triple Crown Road Race, Whiskey Road Race, and Run for the Woods, members help with civic projects (Adopt-A-Highway and Tommy's Run for Cancer) and we support the area high school track and field events.

### Join the Aiken Running Club and:

- \* Meet nice people who share an interest in running, walking, and being fit
- \* Receive ARC newsletter with running tips, events, race results, occasional humor
- \* Talk to and train with all runners; beginners, experienced, marathoners
- \* Get encouragement and support for your fitness efforts, no matter your age or ability
- \* Help organize top-quality runs and competitions
- \* Learn about running-related issues at monthly club meetings with feature speakers
- \* Receive FootNotes, the quarterly magazine of the Road Runners Club of America
- \* Have access to area race applications and marathon training groups
- \* Enjoy weekend get-a-ways with other ARC members while participating in road races
- \* Participate in runs through Hitchcock Woods or around the neighborhoods of Aiken



For more information, Go to [www.runaiken.com](http://www.runaiken.com)

Or contact:

#### Club Officers

President:	Charles McKeel	648-7042	<a href="mailto:aikenrunclub@gforcecable">aikenrunclub@gforcecable</a>
Vice President	Dean Godwin	648-4510	<a href="mailto:deanwin@aol.com">deanwin@aol.com</a>
Treasurer	Charles Fliflet	649-9934	<a href="mailto:Charlie@flifletcpa.com">Charlie@flifletcpa.com</a>
Secretary	Christine Pawley	439-1168	none
Newsletter Editor	Larry Milner		<a href="mailto:larrymilner@bellsouth.net">larrymilner@bellsouth.net</a>
Webmaster	Charles McKeel	648-7042	<a href="mailto:aikenrunclub@gforcecable">aikenrunclub@gforcecable</a>

**PLEASE ENROLL ME AS A MEMBER OF THE AIKEN RUNNING CLUB**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_ E-mail: \_\_\_\_\_

Other Family Members:

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

**CLUB MEMBERSHIP APPLICATION WAIVER**

(Required by RRCA for insurance purposes)

"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 the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration 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 Aiken Running Club, 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 persons named in this waiver."

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT'S SIGNATURE if under 18 years

\_\_\_\_\_  
DATE

Annual Membership Cost : **\$15.00** (individual or family)- Renewals Due December 31  
New Members – Pay \$15 (Jan –June) or \$10 (July –December)

Make check payable to **Aiken Running Club**, and mail with signed application to  
**Aiken Running Club, P. O. Box 3195, Aiken, SC 29802**

**\$2.25 of your membership dues covers RRCA membership.**  
**\$2.18 of your membership dues covers RRCA insurance costs.**

