

Ashburn Area Running Club New Member Application



AARC is a non-profit running club based in Ashburn, VA. We are a diverse group of individuals who share a passion for good health, fitness, walking, and running. Some of our members have been running for years, while others are returning runners or beginners who are building up to their first mile. We have members who run for fitness, and members who are training for their first 10-miler or trying to qualify for the Boston Marathon. Our members include individuals who walk to improve their health as well as those who walk to finish a 100K hike. While we all have different backgrounds, each of us strives to meet our personal goals and support each other along the way.

Membership Type: Individual (\$30/year) Family (\$45/year)

**** \$5 of your membership dues are contributed to the AARC Foundation. ****

Member 1

Last Name: _____ First Name: _____

Gender: F M Date of Birth (mm/dd/yyyy): _____ Phone: _____

E-mail address: _____

Reason(s) for joining: Social Training Programs Fitness Other

Signature: _____

Member 2

Last Name: _____ First Name: _____

Gender: F M Date of Birth (mm/dd/yyyy): _____ Phone: _____

E-mail address: _____

Reason(s) for joining: Social Training Programs Fitness Other

Signature: _____

**** Please list additional family members on another piece of paper. ****

Address

Street: _____

City: _____ State: _____ Zip: _____

How did you hear about AARC? _____

Membership Waiver

I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club events or training programs unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete a run. I assume all risks associated with running and volunteering to work in club events including, but not limited to, falls, contact with other participants, the effects of the 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 acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Ashburn Area Running Club, their respective officers, The Potomac River Running Stores, and all other 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of club events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates, in-line skates, animals, and audio headsets of any kind are not allowed in Ashburn Area Running Club events and I will abide by this guideline.

Return the application and check for the membership dues to the address below.

Ashburn Area Running Club (AARC)
c/o Potomac River Running Store
20630 Ashburn Road, #137
Ashburn, VA 20147

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Club Programs

Club Programs (and participation) vary depending on the time of year. Participation is typically greatest when it is warmer and brighter out, but we have a growing year-round clan! Note that an avid walking group is developing, and walkers meet at the same times as the runners. Programs are summarized in the table below – please feel free to check off anything you find particularly interesting and provide additional information where relevant.

<p>Saturday Morning Runs/Walks: Varying distances. A group meets at 7:30 a.m. during most of the year (6:30 a.m. from July 4 – Labor Day) at the picnic tables on the W&OD Trail next to Carolina BBQ. With the formal Fall Marathon Training Program (see below) and informal training for spring marathons, some folks will be running prescribed, longer distances, but anyone is welcome to come and run any distance.</p>	<p>Indicate your comfortable pace and distance here:</p>
<p>Tuesday Evening “6 @ 6:30” Runs/Walks: The group meets at the =PR= Ashburn store on Tuesday evenings at 6:30 p.m. for a run or walk of 50 minutes (or less). (Some people will cover 6 miles or more, some will not - it just doesn't matter....) Runners start out together and run 25 minutes out and 25 minutes back - natural pace groups form (and sometimes people cut it short). This approach lets everyone start and finish at the same time, while each person can run a comfortable pace. These runs take place while light permits -- typically from April through October, and are replaced by headlamp runs “Lights and Tights” in the winter months.</p>	<p>Indicate your comfortable pace and distance here:</p>
<p>All-Comers Interval Sessions: During the summer months, AARC offers Thursday Evening All-Comers Interval Sessions (with a coach) at an area HS track at 6:30 p.m. (Runners meet at 6:30 to warm-up and the workout starts at 6:45). Starting in 2009, we will also have access to the track during the WINTER for informal sessions, weather permitting. Whether you’re a new runner or a seasoned competitor, intervals can add variety to your training and help you improve your running economy, V02 Max, and Lactate Threshold.</p>	
<p>Fall Distance Training Program: The Fall Distance Training Program (DTP – which prepares runners for marathon, half-marathon, and 10-miler distance races) provides coaching and organization for people looking for a low-key training option that doesn’t require a long drive to the long run. The program is designed and coordinated by experienced coaches with significant marathon and marathon coaching experience; can be tailored to different marathon experience levels; and is flexible to accommodate different race choices. The \$50 cost (plus the cost of joining the Club itself) covers supplies, Gatorade, copying, etc. The MTP formally starts in early June. A less formal free WINTER PROGRAM is also offered for those preparing for a spring 2009 race.</p>	
<p>Tuesday/Thursday Morning “5 at 5”: The early-risers of the club meet at various Ashburn locations on Tuesday and Thursday mornings for “5 at 5” – 5 miles at 5 AM. Varied paces!</p>	<p>Indicate your comfortable pace:</p>