

STRAND ATHLETIC CLUB - REGISTRATION FOR MEMBERSHIP FOR 2019

To be completed by all athletes before being issued with a license number.

1) MEMBER CONTACT DETAILS:

Email:

Cell phone:

Telephone:

With this, my application for membership for 2019, I agree to the following:

- to abide by the Constitution and rules of the club, (a copy of which is available at any time on the club's website, or from the secretary), as well as those of Western Province Athletics (WPA) and ASA.

- I will endeavor to support the "Run Clean" philosophy at all times.

2) Are you currently part of an regular training group/ informal running group? (Y/N)

Days of the week: Time of day: Training speed/pace

3) I have the following skills/experience/resources which I am willing to help the club with from time to time. (eg.

Running coaching, marketing, management, book keeping, handyman etc).

4) I acknowledge that my services will be required for our club's two races (Leapfrog 21 and Labourwise 10 on 6 April 2019) and that I will not be allowed to run the race myself, but I will then have the opportunity, at no cost, to run the official "marshals race". My preference of service will be as indicated below, although I understand that my services may be required elsewhere.

- Marshalling Race registration Parking marshal
 Starting/finishing venue Water table

5) I am willing to to help with club activities when required. My preference will be duty at:

- Weekly time trials Pack runs on a Saturday
 Monthly braai's at lucky draw time trials Help with arranging the club gazebo at races

Name:

Signature:

My best times up till now are: **(IF YOU HAVE GIVEN US YOUR PB'S LAST YEAR, THEN THERE IS NO NEED TO DO IT AGAIN)**

Distance	Time (hh:mm:ss)	Race	Date (at least the year)
4k			
8k			
10k			
15km			
21.1km			
42.2km			
Two Oceans			
Comrades			