



# The Adirondack Runners



## 2019 Mileage High Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Joining the Mileage High Club is simple. Fill out this form and begin tracking your quarterly mileage; running or walking! At the end of each quarter send your mileage in, and you will receive a certificate at the 2019 Grand Prix Awards banquet. Once you reach 5,000 miles you may be eligible for a club jacket. The Mileage High Club might be the incentive you need to increase your mileage. **\*In order to be eligible for the program, you must be an Adirondack Runners member.\***

2019 Mileage Goal: **Please Circle or Specify**

100 miles   350 miles   500 miles   750 miles

1000 miles   1500 miles   2000 miles   Other: \_\_\_\_\_

In consideration of the opportunity to participate in the Adirondack Runners' 2019 Mileage High Club, I hereby for myself, my administrator, my heirs, and assigns, waive all claims against the Adirondack Runners, The Road Runners Club of America, and any and all persons associated with this event for any injury I might suffer as a result of participation in this event. In addition, I certify that my physical condition is good and that I am fit to participate in this yearlong event.

**Parent or guardian must sign if participant is under 18 years of age.**

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Parent/Guardian Signature (If under 18 years of age) Date

Email completed form to: Karen Linendoll  
753Linendoll@gmail.com  
358 Dean Road, Hudson Falls, NY, 12839