



Why Run?

- * For your health?
- * For personal satisfaction?
- * To keep the weight off?
- * For competition?

Skagit Runners is a group of runners just like you. We are composed of runners of all ages from youth students to retired adults. You don't need to live in skagit county to be a member. Our principle is based on attraction rather than speed. We are here to hearten, complement, support and have fun with all levels of running. Whatever your pace is we encourage, and welcome you to join.

We would like to invite you to join
Skagit Runners

www.skagitrunners.org
runtheextrami@yahoo.com



FootwoRx

Skagit Runners is a running club based in the Skagit Valley area of Northwest Washington State.

The club sponsors three major races each year: the **Tulip Run** in April and the **Skagit Flats Marathon/Half Marathon** in September, and the **Fowl Fun Run** in November.

Skagit Runners receive a 10% Discount at FootwoRx & Fairhaven Runners

Club board meetings are quarterly. In addition to assisting at many of the local races, club members meet for group runs (which are open to the public) several times a week beginning at Skagit FootwoRx in downtown Mount Vernon.

Scheduled Runs

- Monday @ 6:00pm, up to 4 miles, 8-10 minute pace, beginners group.
- Tuesday @ 5:30pm, up to 6 miles, 8-10 minute pace, beginner, moderate group.
- Wednesday @ 6:00 pm, up to 8 miles 6-8 minute pace, tempo run.
- Sunday @ 1:30 pm, Weekend runs held at a different location every Sunday. Look on our website for a current schedule.

**All pace groups are welcome
at any of these runs.**

Membership Application

Make checks payable to:

Skagit Runners

P.O. Box 120

Burlington, WA 98233

\$15 Individual Membership, _____

\$20 Family Membership, _____

Last Name, _____

First Name, _____

Address, _____

City, _____

State, _____ Zip, _____

Phone #, _____

Email, _____

Family Members included in
membership

Please read and sign the back
portion of this application.
www.skagitrunners.org

Membership Agreement: I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run 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 events including, but not limited to falls, contact with other participants, the effects of the weather (including high heat/humidity), traffic, and the condition of the course: all such risks being known and appreciated and known by me. Having read this waiver and knowing these facts; I or anyone acting on my behalf waive and release the Skagit Runners Organization, all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in club activities.

Signature _____

Date _____

Skagit Runners
P.O. Box 120
Burlington, WA 98233