

## San Diego Ultrarunning Friends (S.U.R.F) Membership Form

Please fill out the form completely and mail along with your check or money order for your membership fee to: SURF

c/o John Metz  
1419 S. Pacific St.  
Oceanside, CA 92054

SURF membership benefits include:

- Connections to training partners through hotline and membership roster plus email list
- Club sponsored social events
- Group training runs

Membership cost: \$10 per person for the year

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### Member information

First name \_\_\_\_\_ Last name \_\_\_\_\_

Street address \_\_\_\_\_

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

Home phone \_\_\_\_\_ Other phone \_\_\_\_\_

Birthday (mm/dd/yyyy) \_\_\_\_\_ E-mail \_\_\_\_\_

May we add your information to our directory? (Circle one) Yes/No    Sex M/F

### Waiver

In consideration of accepting my membership, I the undersigned, for myself, my heirs, executors and administrators, intending to be bound, hereby waive, release and discharge all those persons connected with the San Diego Ultrarunning Friends (SURF) and the Road Runners Club of America (RRCA), including, but not limited to SURF members and officers, from any and all rights, claims or liabilities for damage or injury incurred by participating in any activity of the SURF club.

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