



# Membership Volunteer Form

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Member Road Runners Club of America and USA Track & Field—NJ

Name: \_\_\_\_\_  
*(Please Print)*

Family Members: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Volunteer Shirt Size: **S M L XL** (circle one)

Please fill out form and email to: [farcnj@gmail.com](mailto:farcnj@gmail.com)  
or mail with membership form to: FARC P.O. Box 4, Manalapan, NJ 07726

**Areas to Volunteer — Please check off (may be multiples)**

Winter Series	_____	Course	_____
St. Paddy's	_____	Course Marshal	_____
Summer Series	_____	Clock Watcher	_____
Kids Summer Nights	_____	Timer/Splits	_____
Born to Run	_____	Food/Hospitality	_____
Toys for Tots	_____	Water Stop	_____
Social Committee	_____	Finish Line	_____
Board	_____	Set-Up	_____
Registration	_____	Clean-Up	_____
Shirt Distribution	_____	Results	_____

Release: I, the undersigned, do hereby knowingly discharge and release: The Freehold Area Running Club, all sponsors and all volunteers from any and all claims arising out of participation in our events. Further, I represent that I have trained for the event and I am physically able to participate in said event. I further agree to permit the club & race organizers and sponsors to use any photographs taken in conjunction with the events for publicity purposes.

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

Parent Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

