**Heartbreak Hill Striders**

**2022 - 2023 Club Membership**

1. Print the HHS Membership Application (Page 2) and the USATF-New England Application (Page 3).
2. Complete **both** applications. Be sure to sign and date the waiver at the bottom of each.
3. Write a check, payable to **Heartbreak Hill Striders**, for this year's dues:

|  |  |  |
| --- | --- | --- |
| MEMBERSHIP PLAN\* | ANNUAL NOV 1 ‘22 TO OCT 31 ‘23 | 6 MONTHS MAY 1 ’23 TO OCT 31 ‘23 |
| Individual | $180 | $110 |
| Each Additional Family Member | $140 | $100 |
| Youth: 22 & under | $140 | $100 |
| Non-Resident† | $95 | $80 |

† Non-Resident members must live more than 70 miles from Heartbreak Hill.

Annual Membership pricing applies to all membership renewals on/after Oct 1, 2022

**New Members (only)** may pro-rate the dues for the fraction of the membership year remaining. Examples:

* Join Jan 1: 10 months remain until Nov 1. Pay 10/12 of $180 = $150
* Join Jul 1: 4 months remain until Nov 1. Pay 412 of $180 = $60

1. \*.Dues for all plans except Non-Resident INCLUDE the $47.00 USATF membership fee. The Club will submit your application (along with payment) to USATF.
   1. If you are already a member of USATF for 2023, deduct $47 from your payment and include proof of your 2023 USATF membership with your application.
2. Please mail both applications and your check to:

**Heartbreak Hill Striders**

**P.O. Box 620434**

**Newton Lower Falls, MA 02462**

**Option to pay club dues via Venmo app**. Venmo is secure, simple, and free for both members and the club if you use a checking account or debit card. Send venmo payment to **@aemsteele** and email applications to **membership@heartbreakhil.org**

**Heartbreak Hill Striders**

**2023 HHS Membership Application**

Please Check One:  New Member  Former Member  Renewing Member

(Former and renewing members need only enter name, signature, date and any **changed** information.)

Name:

Street Address:

Town/City:       State:       Zip Code:

Email:

Phone number:

Date of Birth:

Sex:  Male  Female

Family Member with

May we list your home address in the Members Only section of our web site?  Yes  No

May we list your phone number in the Members Only section of our web site?  Yes  No

Do you wish to make a donation to the club?  Yes Amount:

**New Members (only):**

* Apparel Preference (please check one):  Singlet  T-Shirt
* Size (please check one):  Small  Medium  Large  Extra-Large
* Renewing Members may express interest in apparel by emailing marleneodonnell1@gmail.com

CLUB WAIVER

I understand that participating in and volunteering to help with running workouts and/or races is potentially hazardous. I understand that I should not enter and run in or volunteer to help with these activities unless I am medically able and properly trained. I assume all risks associated with running, participating in and/or volunteering with the Heartbreak Hill Striders including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the opportunity to run, participate or volunteer with the Heartbreak Hill Striders, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, the Heartbreak Hill Striders and all of the club’s directors, members, agents, employees and/or contractors, and their representatives and successors, from all claims or liabilities of any kind arising out of my participation in the club activity identified above, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver.

Signature:       Date:

**USATF-New England**

**2023 Membership Application**

1. Membership for 2023 runs from November 1, 2022 to December 31, 2023

2. USATF-NE Membership Fees for 2023 are as follows:

• $47 for Athletes 19 & older

• $47 for Coaches, Officials, Fans

Date of Application:

Name:

Street Address:

Town/City:       State:       Zip Code:

Email:       Phone Number:

Emergency Contact Name:       Emergency Contact Phone Number:

If renewing, current USATF membership #:

Date of Birth:       Sex:  Male  Female

Citizenship/Nationality:  U.S.  Non-U.S.:        Dual:

Permanent U.S. Resident?  Yes  No

Currently living in U.S.?  Yes  No

Type:  Athlete  Coach  Official  Supporter

Event(s): Track Field Long Distance / Road Running Racewalking

Cross Country Ultra-Marathon Running Mountain/Trail

**Optional** Demographic Questions

* Male Female Another No response
* Hispanic or Latino Not Hispanic or Latino No response
* Race:
* Military Service: Veteran Non-veteran
* Disability or impairment: Yes No No Response

**WAIVER**

I have read, understand, and agree to abide by the [USA Track & Field Bylaws and Operating Regulations.](https://www.usatf.org/governance/bylaws-regulations)

I have read, understand, and agree to abide by the [USA Track & Field Competition Rules.](https://www.usatf.org/governance/rule-books)

I have read, understand, and agree to abide by the [USA Track & Field SafeSport Handbook.](https://www.usatf.org/safesport/safesport-handbook)

I understand that should I participate in USATF National Championships or Team USA competitions, regardless of the level of competition (Youth, Open, Masters), I am subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing. Additional information can be found at: <https://www.usatf.org/governance/anti-doping>

I have read, understand, and agree to abide by the [USA Track & Field Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement.](https://usatf.sport80.com/uploads/usatf_combined_waiver__electronic_membership-2020-04-01.pdf)

Signature:       Date: