



Metro Milers Club Information

“Take it one mile at a time”

The Metro Milers is a running & walking club established in the STL metro-east area. Our mission is to promote running, walking & fitness for individuals of all ages & abilities. Metro Milers organizes and hosts races, group runs, training programs, and other fitness activities encouraging individuals to lead healthy lifestyles.

Metro Milers join us at our Saturday morning runs. We meet every Saturday 7:00am at the YMCA in Edwardsville on Esic Dr for group runs.

Annual Club Events

- Marathon/Half Marathon Trip
- St. Patrick’s Day Parade Run & Post-Race Party
- River to River Relay
- Route 66 10K Run / Walk
- Family Christmas Lights Fun Run

Come Join!

- Club members receive a discount at The Cyclery!
- Discounted race entry fee for Route 66 10K!
- Opportunity for race entry fee reimbursement on other races!

Club Meetings
2nd Sunday every
month at 6pm. Check
out website for
locations.



Contact Info
Metro Milers
PO Box 214
Edwardsville, IL 62025

www.metro-milers.com
info@metro-milers.com

*Note: Our email may get
blocked by spam blockers.
To receive club emails our
email address must be
marked as not spam.*

Founded in 2007, Metro
Milers is a non-for-profit
organization under
Internal Revenue Code
501-C(3).

2009 Membership Form

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Birth Date: _____ Gender: M F
Home Phone: () _____ Work Phone: () _____
Email: _____

Note: Email is used as the primary tool for club communication

For Family Memberships, please provide information for family members

Name	Gender	Birth Day	Membership Types
_____	M or F	_____	New or Renewal
_____	M or F	_____	Individual—\$15
_____	M or F	_____	Family—\$25
_____	M or F	_____	Student (Under 21) - \$10

After Oct 1st, memberships will apply toward upcoming calendar year.

Club Waiver

I know that running and volunteering to work in club events are potentially hazardous activities. I should not participate in club activities unless I am medically able and properly trained. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Clubs of America, the Metro Milers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent signature if under 18): _____

Date: _____