



# Metro Milers Club Information

"Take it one mile at a time"

## 2010 Membership

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.

### Club Events

- Marathon/Half Marathon Trip
- St. Patrick's Day Parade Run & Post-Race Party
- 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  
2<sup>nd</sup> Sunday every  
month. 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).

## 2010 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

### 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: \_\_\_\_\_