

## Welcome to Rose City Runners Club

Are you interested in racing, serious running, leisurely jogging or just walking? Join our Club, based in Madison NJ. We are a group of enthusiasts for healthful outdoors exercise and spirited fellowship.

### Membership

Our membership includes highly competitive five minute/mile runners, aspiring striders as well as joggers and walkers who simply want to stay healthy and meet like-minded friends. Ages of both sexes range from teens to 80+.

### Program

One regular program feature is the Saturday morning Breakfast run at the Loantaka Duck Pond off Kitchell Road (town border of Morris Twp/Harding Twp). Runners gather at 8:30 AM during the warm months, 9:00 AM during the cooler ones. The run is generally three to eight miles at various paces. Everyone brings a little something to share for breakfast after the run.

Depending on the season, we also have long training runs that start before our regular Saturday morning run for members training for marathons and for members that choose to join the Rose City Runners USATF Racing Team.

We organize the Giralda Farms Run held every year in early November in Madison, NJ.

We have several parties throughout the year, including New Year's Day, St. Patrick's Day, July Pool Party, Giralda Farms Post Race Party, Jingle Bell Run/Party and New Year's Eve.



### Board Members

Cande Olsen, President  
Lynda Brush, Vice President  
Barry Lass, Secretary  
Mike Gentile, Treasurer  
Vivian Wilson, Program Director  
Helen Leung, Member at Large  
Marie Quinn, Member at Large

### Appointed Positions

Kathy Hale, Race Team Captain  
Betty Fisher, New Member Coordinator  
Barbara Rushman, Webmaster

For more information visit our website at  
[www.rosecityrunners.com](http://www.rosecityrunners.com)  
or contact Barbara Rushman at  
[BarbaraRushman@yahoo.com](mailto:BarbaraRushman@yahoo.com)



Send with your annual fee to Mike Gentile, 30 Hillside Ave, Short Hills, NJ 07078 . Make checks payable to Rose City Runners.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email : \_\_\_\_\_

Annual Fee:  Single (\$10)  Family (\$15)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, 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 your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Rose City Runners Club and its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, 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. I intend that this waiver shall remain in effect indefinitely, covering not only the current membership year, but also any and all future years, unless I specifically revoke it in writing delivered to the Rose City Runners Club and/or the Road Runners Club of America.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent if under 18 \_\_\_\_\_

Date \_\_\_\_\_