



San Francisco FrontRunners Membership Form

Mail completed form to: SF FrontRunners, PO Box 14136, San Francisco, CA 94114
 or register online at <http://www.active.com> and enter the keywords *San Francisco Frontrunners*
 Questions? Contact membership@sffrontrunners.org or visit <http://www.sffrontrunners.org>

PLEASE PRINT

STEP 1: MEMBER INFORMATION

Circle One: ▪ **New Member** ▪ **Renewing Member** ▪ **Renewing Member with 2+ Year Lapse**

Renewing members: fill out only information that has changed:

FIRST Name: _____ LAST Name: _____
 Address: _____ Phone: _____
 City _____ E-Mail _____
 State/Zip: _____ Birthday (MM/DD/YY): _____
 Country: _____ Referred By (optional): _____
 Business Title (optional): _____ Company (optional): _____

To be included in the Photo Directory, please send a picture to photo@sffrontrunners.org, or login to the SFFR site and upload a picture.
 Year of birth is for statistical purposes and will be kept confidential.

Please Complete for Household Membership:

Partner First Name: _____ Partner Last Name: _____
 Partner Birthday (MM/DD/YY): _____ Partner E-Mail: _____
 Partner Business Title (optional): _____ Partner Company (optional): _____

STEP 2: MEMBERSHIP DUES

Circle the dues box below and Enclose a Check. (Make Checks Payable to "San FranciscoFrontRunners" or "SFFR"):

Membership Type	Renewing Member	New Member or Renewing Member with 2+ Year Lapse in Membership (Prorated)											
	Anytime	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Individual	30.00	30.00	27.50	25.00	22.50	20.00	17.50	15.00	12.50	10.00	7.50	5.00	2.50
Household	45.00	45.00	41.25	37.50	33.75	30.00	26.25	22.50	18.75	15.00	11.25	7.50	3.75
Student / Senior (62+)	15.00	15.00	13.75	12.50	11.25	10.00	8.75	7.50	6.25	5.00	3.75	2.50	1.25
Hardship													
Senior Household (62+ / 62±)	22.50	22.50	22.50	20.63	18.75	16.88	15.00	13.13	11.25	9.38	7.50	5.63	3.75
Contributor	96.00	96.00	96.00	96.00	96.00	96.00	96.00	96.00	96.00	96.00	96.00	96.00	96.00

STEP 3: OPTIONS (Answers to the following questions will default to the asterisked* answer unless you specify otherwise.)

Make information available to other SFFR Members via the club directory.	YES* NO
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STEP 4: WAIVER

In consideration of accepting my membership in the San Francisco FrontRunners, I, intending to be legally bound, hereby for myself, my beneficiaries and personal representatives, waive and release any and all rights and claims for damages I may have, or may later accrue, against the San Francisco FrontRunners, its directors, officers, agents, representatives and successors and signs, for personal injuries and/or property damage that I may suffer in any events or activities sponsored by the San Francisco FrontRunners. I verify that I am physically fit. As part of this waiver, I acknowledge that I have read, understood and agreed to the above.

Signed: _____ Date: _____

Signed: _____ Date: _____



San Francisco FrontRunners – QUICK Membership Form

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PLEASE PRINT

STEP 1: MEMBER INFORMATION

First Name: _____ Phone: _____
Last Name: _____ Email: _____

Household Membership Only – Partner Information:

First Name: _____ Phone: _____
Last Name: _____ Email: _____

STEP 2: MEMBERSHIP DUES (1 year)

CIRCLE ONE:

◆ Individual - \$30 ◆ Household - \$45 ◆ Student/Senior/Hardship - \$15 ◆ Senior Household - \$22.50◆ Contributor - \$96

Memberships are valid from 1/1/10 through 12/31/10. Use the full Membership form (www.sffrontrunners.org or www.sffr.org) after 12/31/09 for prorated dues, or to check on monthly prorated dues for new registrations that bridge a calendar year (e.g.: paying the remainder of 2009 plus the full 2010 dues.)

STEP 3: PRESELECTED OPTIONS

Use the full Membership Form (www.sffrontrunners.org or www.sffr.org) if you would like to change any of the following options:

- Send club announcements to my Email address above
- Send monthly SFFR FootPrint publication to my Email address above
- Make my personal information available to other SFFR Members via the club directory
- *Note:* Weekly Footloose announcements always available to members and guests on website Calendar page.

STEP 4: WAIVER (SIGNATURE REQUIRED)

In consideration of accepting my membership in the San Francisco FrontRunners, I, intending to be legally bound, hereby for myself, my beneficiaries and personal representatives, waive and release any and all rights and claims for damages I may have, or may later accrue, against the San Francisco FrontRunners, its directors, officers, agents, representatives and successors and signs, for personal injuries and/or property damage that I may suffer in any events or activities sponsored by the San Francisco FrontRunners. I verify that I am physically fit. As part of this waiver, I acknowledge that I have read, understood and agreed to the above.

Signed: _____
Primary Member

Date: _____

Signed: _____
Partner – Household Memberships Only

Date: _____

Membership Categories

All Memberships Include:

- Invitation to all FrontRunners Events (including runs and social events).
 - o Member pricing (if applicable at all FrontRunner events)
- Discounts at local merchants in the San Francisco Area
 - o 10% off all items at Sports Basement, Medium Rare Records, Injeanious, Psoas Bodyworks, and Tazza D' Amore.
- Web Copy of the Footprint (Monthly Newsletter)
- Membership card
- Inclusion on the FrontRunner e-mail list.
 - o You will receive announcements about all the upcoming activities you can take part in.

Individual

Any individual who wishes to join FrontRunners that is not currently a student or 62 years of age or older would choose the Individual membership plan.

Household

Any household that wishes to join FrontRunners where each partner is not 62 years of age or older would choose the Household membership plan.

Student / Senior (62+)/Hardship

Any individual who wishes to join FrontRunners that is currently a student or 62 years of age or older would choose the Student/Senior membership plan. Or any individual who is unemployed may also select this membership.

Senior Household (62+/62 ±)

Any individual who wishes to join FrontRunners where at least one member is 62 years of age or older would choose the Senior Household membership plan.

Contributor

Any individual who would like to support the Club through an extra contribution. In addition to the standard membership, contributors will get the following:

- A free ticket to the 2009 Holiday banquet/Annual Meeting (payment for membership must be received by 11/15/09)
- Special mention in the Monthly Footprint Newsletter
- 2 free 2009 pride run T-shirts to wear yourself or to give to friends and family (while supplies last, some sizes may not be available)

Footprint Newsletter Hardcopy

In addition to your membership fee, any member who wishes to get a hardcopy of the newsletter delivered to their home via USPS on a monthly basis should also choose this option. You would still have access to the newsletter online.