

Nittany Valley Running Club Membership Form

Membership year is from January 1 through December 31.
Membership form revised November 6, 2015

Name: _____

Address: _____

City / State / Zip: _____

Email address: _____ Best Phone Contact: _____

New Member or Renewal
 Individual or Family (2 or more persons, same address)

Membership Rates (please circle your choice):

Individual: **Annual: \$15** **5 Years: \$65**

Family: **Annual: \$25** **5 Years: \$100**

~~~~~  
**~~ Membership Questions ~~**

I'm willing to volunteer for NVRC running events

It's OK to give my name to Appalachian Outdoors and Rapid Transit Sportswear to receive a 10% discount on select products (no other information will be given other than first and last names).

Road Racing Preferences (check all that apply):

5K or less    10K    Half Marathon    Marathon or more    Trail Running    Track & Field

I'd attend seminars on:

Cross-training    Injury prevention    Beginners' running

Shoe selection    Nutrition    Training & peaking for races

~~~~~  
Make check payable to Nittany Valley Running Club or NVRC

please mail membership form and payment to:

Nittany Valley Running Club
Attn: Membership
P.O. Box 10348
State College, PA 16805-0348