



ROAD RUNNERS CLUB OF AMERICA
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 Arlington, VA 22209
 Phone: 703-525-3890
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www.RRCA.org

RRCA PERSONAL FITNESS
300
600
1000
SET GOALS, STAY MOTIVATED, ACHIEVE

Since 1974, the RRCA has been helping motivate runners through the Personal Fitness Program. From beginning runners to experience endurance athletes, we all need a little motivation now and then. To reward individuals for their dedication to living a healthy life and incorporating running as their regular exercise, we invite you to join the Personal Fitness Program. Program fees are varied based on your goal.

HOW THE PROGRAM WORKS:

- Select your 6 month total mileage goal from below
- Log onto www.RRCA.org/Running/Tools.
- Create your FREE Account to Log Your Miles
- Start running and logging your miles
- After six months, indicate your total on this form (we will verify your mileage log online) and mail it along with your payment to receive your reward.
- Celebrate your accomplishment!

6 MONTH GOAL:

6 MONTH TOTAL MILES:

- 300 miles in 6 months
Approx 12 miles a week _____
- 600 miles in 6 months
Approx 25 miles a week _____
- 1000 miles in 6 months
Approx 42 miles a week _____

Waiver: I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with running and participation in the Personal Fitness Program. I have read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the ROAD RUNNERS CLUB OF AMERICA and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: _____

Yes, I achieved my Personal Fitness Goal! Please send me the following reward:

- | | COST | SIZE |
|---|-------------|-------------|
| <input type="checkbox"/> 300 Mile Patch and certificate | \$10.00 | Circle One |
| <input type="checkbox"/> 600 Mile SportScience T-Shirt, Patch and certificate | \$25.00 | S, M, L, XL |
| <input type="checkbox"/> 1000 Mile Embroidered Golf Shirt, Patch and certificate | \$35.00 | S, M, L, XL |
| <input type="checkbox"/> 1000 Mile Embroidered Fleece Vest, Patch and certificate | \$50.00 | S, M, L, XL |

(please type or print clearly)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email Address: _____

Check enclosed or Charge my credit card

Name on Card: _____

Card Number: _____ Expiration Date: ____/____

Signed: _____