

# PATUXENT RIVER TRIATHLON CLUB MEMBERSHIP FORM

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

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

Phone (Home): \_\_\_\_\_ (Cell): \_\_\_\_\_ E-Mail: \_\_\_\_\_

D.O.B: \_\_\_\_\_ M/F \_\_\_\_\_ Age: \_\_\_\_\_ USAT # \_\_\_\_\_

Emergency Contact Name and Contact Number: \_\_\_\_\_

Which membership do you require (Membership runs 1/1/09 – 12/31/09):

Before January 1, 2009: Student: \$15  Individual: \$30  Family: \$50  Child Only (Each): \$10   
After Dec 31, 2008: Student: \$20  Individual: \$35  Family: \$55  Child Only (Each): \$10

If family/child membership, please list names of members: \_\_\_\_\_

Do you consider yourself primarily a: Triathlete  Duathlete  Other  \_\_\_\_\_

Which category best applies to you: Beginner  Experienced  Competitive

Are you currently a member of Pax Velo Cycling Club: Yes  No  Chesapeake Bay Running Club? Yes  No

Do you have access to Patuxent River Naval Air Station Base? Yes  No

What are you looking for in a triathlon club: \_\_\_\_\_

We actively encourage our members to participate in club activities when possible. Please indicate if you would be interested in volunteering for any of the following club committees:

Race Coordination (Travel)  Uniforms  Club Events  Swim Training  Bike Training   
Run Training  Website  Newsletter/Publicity  Volunteers  Beginners  Youth

Please indicate any specific skills or experience that you may be able to offer the Triathlon Club (training/coaching, web design etc.)

In consideration of the opportunity to participate in The Patuxent River Triathlon Club, I hereby release and forever discharge the sponsoring agents, their members and any other persons associated with The Patuxent River Triathlon Club in any claims and demands as a result of participation in this club. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion picture recordings or any other record of club events for any legitimate purposes. I realize that multi-sport training is an extreme test of physical and mental limits and carries with it the potential for serious injury, death or property loss. I assume these risks and certify that I am in good physical condition and have not been informed otherwise by a qualified medical person. I hereby for myself, heirs, executors, administrators, successors or next of kin, waive, release, discharge and agree not to sue from any and all claims I may have against the Patuxent River Triathlon Club, the about listed sponsors, its officers and any club member for any injury, illness, property damage or loss that might occur to me while competing in, traveling to/from or participating in any club events at any time.

I confirm that I have read this agreement completely and understand its contents.

Signature (primary applicant) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Signature of family member (parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Signature of family member (parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Signature of family member (parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Please Mail Application to: Mary Picard; 25144 Peregrine Way; Hollywood, MD 20636  
Make checks payable to: Patuxent River Triathlon Club

## **What is the membership money used for?**

The annual membership money is primarily used to register the club with the United States of America Triathlon Governing Body (USAT) and to purchase club insurance.

**USAT Registration** - All USAT affiliated clubs pay fees to join in the process of contributing to the general improvement and development of Triathlon in the United States. USAT control and direct our sport, bring order where otherwise there may be chaos, facilitate a plethora of sport-specific initiatives from Coaching Standards and Development through to Youth Development and Race Rules coordination. Contrary to the belief of some - this does not come for FREE!

**Club Insurance** - General Liability Coverage and Directors & Officers Coverage are required to ensure our members and officers are protected. The General Liability (GL) and sport accident policy covers each club member during all club calendared activities. Whether it's a morning run, weekend bike ride or meeting, all club members are covered in the event of injury during these activities. Club Directors and Officers Coverage provides protection to the club directors and officers in the event that club directors or officers are held personally liable for any wrongful act, error or omission in their capacity as a director, officer, and employee or volunteer. It also provides protection for our Club if named as a defendant in a lawsuit.

## **Benefit's of Joining the Patuxent River Triathlon Club**

The number one reason to be part of any triathlon club is to support the infrastructure and development of our sport. In addition to this we believe there are many other benefits of joining the Patuxent River Triathlon Club, it's hard to describe them all but here are a few of the obvious ones.

- General Liability (GL) and sport accident insurance covering each club member during all club calendared activities
- 15% discount at Bike Doctor Waldorf, Patuxent Adventure Center and Serge Performance Cycles (excludes Bikes and Kayaks)
- Clinics and workshops
- Access to training partners
- Weekly training runs and rides
- Social events
- Open water swim training with Kayak Support (Kayaks provided by Patuxent Adventure Center).
- Vast depth of experience within the club in all distances. Plenty of advice to be had!
- Informal, fun atmosphere
- Support and camaraderie on race day
- Opportunities for involvement in the community both inside and outside of Triathlon.

## **Committees**

Volunteers keep any organization going. We are looking forward to a very active club but will need YOUR help to do that. Look over the committee descriptions below and find something that interests you. We aren't asking you to take on the duties of the whole committee just contribute where you can best. Everyone has a skill or talent they can use to help make the club a great one!

**Race Coordination (Travel)** – Posting info/links on upcoming races on the website, coordinating race captains for races club members are attending (someone to organize carpools, bring club equipment (tent or awning, banner), bring refreshments, organize babysitting if desired), post a race re-cap (how people did, quality of the event etc.) to the website or email group.

**Uniforms** – Ordering, designing (including logo development), collecting money, delivering.

**Club Events** – Plan a calendar for the year of monthly events (tri's, du's, swim meets, socials etc), organize the events (delegate!), arrange for speakers/topics at the monthly meetings to educate on different multisport topics.

**Swim Training** – Coordinate open water swims, organized pool swims (with or without coaching), underwater video analysis clinics, stroke clinics, education.

**Bike Training** – Coordinate regular training rides, education on riding techniques, racing, group and individual riding, bike fit and bike maintenance.

**Run Training** – Coordinate regular training runs, track workouts, education on running training, techniques, injury prevention.

**Website** – Designing website, adding info in a timely manner, keeping links up to date.

**Newsletter/Publicity** – Periodic newsletter reporting club events that occurred and what's coming up, member accomplishments, training/educational information. Submit info to relevant magazines (USAT, Triathlete etc), advertise club to people outside the club.

**Volunteers** – Actively encourage members to volunteer within the club. Places members (especially new ones) in committees they desire. Knows what volunteering needs are in the club and helps fill them. Formal recognition of volunteers at the end of the year.

**Beginners** – Coordinate training events geared toward first timers. Education and mentorship.

**Youth** – Coordinate training events and educational programs for the youth in the club and outreach in the community as well. Encourage youth to try their first triathlon or achieve their race goals through mentorship.