MEMBERSHIP APPLICATION

- Come join us for weekly runs, races and club events.

- On Saturday mornings we run various paces and distances from Loantaka Park in Morristown at 8:00 AM (7:00 AM in the summer). The runs take us through the beautiful roads of Harding Township, Morristown and Chatham.

- On Sundays we try to schedule runs in different locations such as:
  - River Road, Bedminster
  - Willow Ave, Peapack
  - Tewksbury General Store
  - The Great Swamp, Basking Ridge
  - Jockey Hollow, Morristown,
    or some other great spots.

- On weekdays, we have morning runs in the local area including track workouts depending on the interest and availability of members.

- Weekly e-mail schedules are sent to members. Please join us for fun and fitness.

To join, fill out the information below and send this application along with your check for $20.00 made out to:

AFRC
c/o Jodi Lee Alper
134 Village Dr.
Basking Ridge, NJ 07920

For information call or e-mail:

Simon Lamb, President
973-255-7176
simonlamb52@msn.com

Renée Gallizzo, Vice President
908-672-5387
nutmeg_249@yahoo.com

_____
Name

_____
Address

_____
City

_____
State Zip

_____
Phone

_____
E-mail

_____
Date of Birth (required for team races)

How did you learn about the Amazing Feet Running Club?

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What are your specific running interests?

❑ General Fitness ❑ 5K, 10K, 15K Races ❑ Half & Full Marathons ❑ Trail Running

❑ Other _____