

BestBank Track Club, 229 Demandre St., Belle Chasse, LA 70037

For more information call 504-388-0166

Check out our website [www.bestbanktrackclub.com](http://www.bestbanktrackclub.com) and please like us on Facebook!

**BestBank Track Club / [bestbanktrackclub@yahoo.com](mailto:bestbanktrackclub@yahoo.com)**

### Membership Application 2019

Please **PRINT** all information clearly:

**NAME:** \_\_\_\_\_ **PHONE #:** \_\_\_\_\_  
**ADDRESS:** (STREET/CITY/STATE/ZIP) \_\_\_\_\_  
**EMAIL ADDRESS:** \_\_\_\_\_  
**BIRTHDAY:** \_\_\_\_\_

**SHIRT SIZE:** S M L XL XXL **WOMEN'S / MEN'S (CIRCLE CORRECT SIZE/GENDER SPECIFIC)**  
**SHIRT SIZE 2<sup>ND</sup>:** S M L XL XXL **WOMEN'S / MEN'S (CIRCLE CORRECT SIZE/GENDER SPECIFIC)**

**MEMBERSHIP FEES:** **MAKE CHECKS PAYABLE TO:**  
**BESTBANK TRACK CLUB**  
229 DEMANDRE ST., BELLE CHASSE, LA 70037  
504-388-0166

**INDIVIDUAL: (18 YEAR OLD & OLDER):** \$25.00  
**COUPLE:** \$35.00  
**MINOR:** \$5.00

**LIST NAMES OF FAMILY MEMBERS AND BIRTHDAYS:**

<b>NAME</b>	<b>BIRTHDAY</b>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**AMOUNT PAID :** \$ \_\_\_\_\_

The yearly membership fee includes a BestBank shirt for an adult member, RRCA membership/insurance for the club, refreshments at each weekly run and seasonal parties/picnics.

**WHERE:** Algiers Lower Coast Bridge, Sunday @ 6:00 a.m. & Wednesdays @ 5:15 p.m.

**Email:** [BestBanktrackclub@yahoo.com](mailto:BestBanktrackclub@yahoo.com) for details \* other workouts offered.

I agree that I am a member of BestBank Track Club, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities, which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and personal music players are not allowed to be used in club-organized activities and I agree to abide by these rules.

Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the BestBank Track Club and the Road Runners Club of America (RRCA), all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

As a member of RRCA our club has adopted a Member Code of Conduct to help outline expected behavior within the membership for people participating in our organized club runs, events, business or social functions.

- Always show respect your fellow club members at all times;
- Always show respect and appreciation for the volunteers who give their time to help the club and/or event(s);
- Never yell, taunt, or threaten physical violence upon another member of the club, a volunteer or event spectator (Members with a criminal history of violence or with a legal restraining order against them by another member may be barred from membership and participation in all club activities);
- Never use abusive or vulgar language, or make racial, ethnic or gender-related slurs or derogatory comments at club events;
- Never make unwanted sexual or physical contact with other members (Members found to be listed on a sex offender registry, convicted of a sex crime, or caught having, creating, or distributing child pornography will be immediately barred from membership and all participation in club activities.);
- Always report violations of the Member Code of Conduct policy to the Board in writing.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_