



Membership Application

Welcome to the Fleet Feet Runners Club. We are a nonprofit running club sanctioned by the Road Runners Club of America (RRCA). Our mission is to promote running and encourage runners through the hosting of races, fun runs, lectures and social events.

Membership Eligibility

Membership is open to anyone who wants to participate. We welcome all ages and abilities.

Membership Fees

The annual membership fee is \$25 per household per calendar year (1/1 through 12/31).

Membership Benefits

- year-round social activities
- access to training partners of all abilities
- Saturday morning group runs
- lectures on fitness-related topic
- FFRC newsletter
- RRCA membership
- RRCA Footnotes publication

Annual Events

The following are some of the club events that have already been held or will be held later this year. We are always looking for new and exciting ways to get together and run – or talk about running. Feel free to share your ideas.

January	New Year's Day Social Run
January	Chili Supper
February	Movie Night
March	St. Patrick's Day Parade Race Tailgate Party
May	Pancake Social Run
June	Ice Cream Social Run
July	Firecracker 5K Race Tailgate Party
August	Pre-Flat Five Party in the Park

August	Flat Five Race (annual fundraiser)
September	Runner's Clinic
October	Pedal & Pound & Club Picnic
November	Fashion Show and Merchandise Raffle (at the November meeting)
November	McNair 5K Cross Country Race
December	Christmas Light Social Run
December	Holiday Party

Note that August's Flat Five and November's McNair Cross Country race are FFRC-directed races that are open to the public. Proceeds from the Flat Five are donated to running-related charitable causes.

Business Meetings

Business meetings are held at 6:00pm on the second Sunday of January, April, July and November. The January meeting is held at the St. Charles Police Department meeting room (1781 Zumbuhl Road, St. Charles, MO 63303). The April, July and November meetings are held at FLEET FEET's St. Charles store (3813 Mexico Road, St Charles, MO 63303).

We welcome new members at any time. To join us, please fill out the following application and send it with a \$25 check made payable to the FLEET FEET Runners Club to FFRC, 3813 Mexico Road, St. Charles, MO 63303.

Type: New Renewal

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email(s): _____