



**APPLICATION FOR MEMBERSHIP**  
**1<sup>st</sup> September 2011 - 31<sup>st</sup> August 2012**

<b>RATES:</b>	Quantity	Rate	Amount to pay
Single Adult Membership 1 <sup>st</sup> Year (Includes Vest)		£ 30	
Single Adult Membership		£ 15	
Family Membership*		£ 30	
Junior Membership**		£ 5	

Cheque enclosed in the amount of: (no cash please)	£
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**Please complete all details in clear block capital letters and send with your cheque, made payable to 'Nailsea Running Club', to:**  
*Emma Parfitt, 40 Wemberham Crescent, Yatton, N Somerset, BS49 4BE*

Member's Name(s)	M/F	Date of Birth
1.		
2.		
3.		
4.		

Please list additional names overleaf.

Address:	
Post Code:	Telephone Number:
Email address:	

**DECLARATION:** I hereby apply for membership of Nailsea Running Club and agree to abide by the rules of the club.  
 (To be signed by parent or guardian if applicant is under 15 years of age)

Signature: ..... Date: .....

**PLEASE NOTE:** The information you supply will be included on our club membership list. If you do not wish your details to be passed to other NRC members please tick the box below. Alternatively, you may specify which details you wish kept confidential (please state overleaf).

\* A 'Family' is a maximum of two adults and two children under 15 years of age  
 \*\* Additional child or single 'Junior' who is under 15 years of age



Welcome to Nailsea Running Club. We welcome runners of all abilities and ages to run with us. We meet Tuesday and Thursday evenings running at 7pm from the Nailsea and Backwell Rugby Club and Sunday mornings at 8.30am.

Tuesday night we have a track session with club coach Jim Stewart or a one-hour run.

Thursday night is a one-hour run. During the summer months as light permits we run off-road routes and/or around the lanes and during the winter we run around the street-lit roads. The Sunday runs are a longer 1½-hour off-road run, summer or winter.

The distance of our run depends on your speed, we operate a segmented running system where the faster runners will turn around at pre-determined points and run back past the slowest runner to re-join the run, this way no runner is ever left behind and every runner should get the chance to run at the front. A basic one-hour run should cover about 5 miles with faster runners covering 6+ miles. Tuesdays and Thursdays we return to the Rugby Club where hot showers and refreshments are available. We pride ourselves on being one of the friendliest and sociable clubs in the South West where everyone is welcome regardless of their ability, so join us after the runs for a drink, a chat, plan which races to enter or just listen to stories from our 'silverbacks' about when they used to run...

A committee of volunteers headed by our club Chairman runs the club, this committee is open to anyone to join at the annual AGM.

We organise three of our own races throughout the year, The Ironwood Challenge, The Nailsea Festival 10K and The Tyntesfield 10. We ask all members to assist on race day with marshalling etc. Any profits made from these races are donated to local charities.

Come along and give it a go and if after a couple of weeks you think you'd like to join then fill out an application form (available to download from the website) and hand it to any committee member, the cost is £30.00 for your 1<sup>st</sup> year which includes your choice of club running top either vest, technical t-shirt or technical long sleeve top (worth up to £18).

After that it's £15 a year. Benefits of membership include discounted race entry, 10% discount at Bristol running shops, use of Rugby Club facilities, including free hot showers, changing, parking and use of the bar, monthly newsletter, entry into NRC in-house league, coaching sessions, various subsidised social events throughout the year and if your not careful you may even enjoy yourself!

It may sound daunting to some people to join a running club, but we all remember how it felt when we started so we promise to be supportive and never leave you behind. We run together as a club!

For more information find us on Face Book as Nailsea Running Group or online at:

[www.nailsearunningclub.org.uk](http://www.nailsearunningclub.org.uk)