



### Merrimack Valley Striders/TriFury Membership Application

We request that you sign-up or renew your membership using our on-line tool, which makes the processing much faster and easier. On-line sign up is under [Become a Member](#) on MVS Web Page, [www.mvsruns.com](http://www.mvsruns.com)

You will receive more information once your membership is processed. In the meantime, please take a look at both [www.trifury.com](http://www.trifury.com) and [www.mvsruns.com](http://www.mvsruns.com) for more details about the clubs and to start benefiting from your membership right away!

Please mail this completed and signed form and payment to:

**MVS/TriFury Memberships**  
P.O. Box 564  
North Andover, MA 01845-0564

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

Town/City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone #1 \_\_\_\_\_ Telephone #2 \_\_\_\_\_

email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ USAT# (not req.) \_\_\_\_\_

Individual Membership			Family Membership		
TriFury Only	MVS Only	Combined	TriFury Only	MVS Only	Combined
\$28.00	\$28.00	\$43.00	\$39.00	\$39.00	\$54.00

Membership: New \_\_\_\_\_ Renewal \_\_\_\_\_

For Family Memberships, list family members (spouse and children)

Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Are you interested in any of the following: Working on Board Committees \_\_\_\_\_

Volunteering \_\_\_\_\_ Other \_\_\_\_\_

How do you want us to communicate with you? Email \_\_\_\_\_ Paper \_\_\_\_\_

#### Membership Permission and Release

I, the undersigned, do hereby give my consent to participate in the athletic events organized by or for the TriFury Triathlon Club and The Merrimack Valley Striders. I fully understand that swimming, cycling and running are inherently dangerous activities and fully assume the risks associated with such participation including, by way of example, and not limitation, for cycling the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects and dangers arising from surface hazards, including pot holes and for swimming the dangers of drowning, cramping, hypothermia, and exhaustion. I understand that group swims do not have a lifeguard on site and other attendees are not trained nor are they responsible for performing lifesaving techniques. I agree to not swim alone. I assume the risk of any and all personal injuries to myself and others that may occur as the result of my participation in any individual and group instructional, training, sport or exercise activity including, without limitation, activities with instructors, employees, agents, principals, officers, or individual members of TriFury or the Merrimack Valley Striders and the use of theirs or others bicycles and other related training equipment. I agree to take responsibility and precautions to assure that I am at all times wearing or I am otherwise equipped with any and all necessary safety equipment, including but not limited to for cycling a helmet and reflectors, or other visibility devices and properly functioning brakes and for swimming including but not limited to goggles, and a brightly colored swim cap.

I acknowledge that by signing this document, I have assumed risks and agree to indemnify, not to sue and hereby waive, release, discharge and hold harmless the organizer of these group rides, namely, TriFury, the Merrimack Valley Striders, and any of their employees, agents, sponsors, principals, officers, volunteers and individual members or anyone acting on their behalf from any and all liability, claim, demand, action or cause of action, of whatever kind or nature, either in law or equity, arising from or by reason of any bodily injury or mental injury, known or unknown, including death, resulting from my use of any equipment or participation in any individual or group activity provided, supported or sponsored by TriFury and/or the Merrimack Valley Striders at any location or venue.

I expressly agree that every term and provision of this release is intended to be severable, and if any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable. I further state that I am over eighteen years of age and have carefully read the above release and know the contents of the same and sign this release as my own free act.

Date: \_\_\_\_\_ Signed: \_\_\_\_\_ (if under 18 parent must sign)

Print Name: \_\_\_\_\_ Address: \_\_\_\_\_