



The Mission of the Ridge Rider Athletic Club is to promote health, fitness & competition in Northeast Arkansas.

www.ridgerider.org

Ridge Rider Athletic Club Membership

- RRAC Club Meetings are at 6:00 p.m. on the second Tuesday of every month. Check the website for the current topic and location of meetings.
- Each adult in the family must fill out and sign membership application. Applicants under the age of 18 must obtain the signature of a parent or guardian on this form.

Membership dues: 1 year individual \$15.00 1 year family \$20.00

Please make check to RRAC and Mail to:
RRAC ● P.O. Box 2432 ● State University, AR 72467

Application

Gender: _____ Birthdate _____
 Circle T-shirt size: S M L XL XXL
 Name: _____
 Address: _____
 City, State, Zip: _____
 EMAIL ADDRESS: _____
 Phone: Home: (_____) _____

Agreement

(Please Read Carefully)

For and in consideration of the acceptance of my application for membership in the Ridge Rider Athletic Club, I hereby waive, release, and discharge in advance the Ridge Rider Athletic club, its officers, members, and persons acting in concert with them (all of whom are referred to herein as RRAC), from any and all claims which may hereafter accrue to me, or to any other person (s) as a result of my participation in any event involving RRAC.

I represent that I am in good physical condition, and that I have sufficient skill and experience to safely complete any athletic endeavor in which I choose to participate. I realize that in participating in physical activities there is the possibility of accidental or other physical injury and that property damage and serious injury can occur as a result. Knowing the risks, I agree to assume the risks, agree to release, hold harmless, and to indemnify RRAC from any and all liability by myself or any third party as a result of my participation in any RRAC event. I agree that the undertakings set forth in the preceding paragraphs shall remain in force and effect until I cease to be a member of RRAC.

Signature: _____ Date: _____
 Signature: _____ Date: _____



The Ridge Rider Athletic Club is an organization that is devoted to promoting health, wellness & fitness throughout Northeast Arkansas.

www.ridgerider.org

The RRAC Coordinates the Ridge Rider Running & Walking Series. Each runner & walker earns points throughout the year with participation in designated running & walking events for prizes and awards.

The RRAC meets regularly for group runs bicycle and swim workouts as well as many social gatherings. (Okay we are really a social group with a terrible exercise addiction!) The group workouts are posted on the RRAC website with contact information as well as time and place.

The RRAC hosts regular meetings on the second Tuesday of each month at 6:00 PM. The meetings are posted on the RRAC website with contact information as well as time and place. We usually have a guest speaker with a sports related topic at our meetings.

The RRAC also publishes a monthly newsletter with up-to-date training information and Northeast Arkansas fitness and recreation events.

If you're interested in the RRAC or just need a workout partner, meet for a club workout, give us a shout and we'll show you a good time.

RRAC Officers

President	Amanda Herget	acherget@hotmail.com
Vice President	Guy Patteson	guypat@swbell.net
Promotions	Lisa Carlton	lcarlton51@hotmail.com
Newsletter	Tracy Grimes	tmgrimes@suddenlink.net
Treasurer	Jim Stearns	rrac@suddenlink.net