

Mississippi Track Club MERCHANDISE ORDER FORM

SHIPPING CHARGES*
ADD \$1.50 FOR ORDERS UNDER \$5.00
ADD \$2.50 FOR ORDERS OVER \$5.00

Quan.	Description	Price	Total
_____	MTC logo T-shirt (Size: S M L XL)	\$ 8.00	_____
_____	MTC logo Singlet (Size: S M L XL)	\$15.00	_____
_____	MTC logo Sweatshirt (Size: M L XL XXL [add\$2.00])	\$20.00	_____
_____	MTC screened cap	\$ 8.00	_____
_____	MTC embroid. cap	\$ 8.00	_____
_____	MTC bucket hat	\$15.00	_____
_____	MTC logo towel	\$ 5.00	_____
_____	Gloves (white cotton)	\$ 1.00	_____
_____	"1000 Miler" Log	\$ 3.00	_____
_____	MTC logo car tag	\$10.00	_____
_____	MTC Coffee mugs	\$ 6.00	_____
	TOTAL MDSE		_____
	*SHIPPING		_____
	GRAND TOTAL		_____

MEMBERSHIP APPLICATION WAIVER

I know that running, racewalking, and volunteering to work in club races are potentially hazardous activities. I should not enter and participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running, racewalking, and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Mississippi Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature (if under 18 yrs.) _____ Date _____

WHAT IS RUNNING, WALKING, AND ROAD RACING ALL ABOUT?

Distance running in the early days was limited both in the distance run and in the opportunity to compete. Distances were generally less than six miles and were run on the track or as cross country runs. Through the 1950s, track in America was a school sport with post graduation activity limited to those of Olympic quality competing in a few meets sponsored by the TAC.

At this time medical treatment was practiced only as a means to treat and heal the injured and ill. In the early 1960s a segment of the medical profession began to support preventive medical care through physical conditioning of the body to retard aging, abate injury and build immunity to many forms of illness. Jogging or easy distance running was stressed as the simplest, most convenient, lowest cost and one of the best overall conditioning activities. Dr. Kenneth Cooper, author of the book *Aerobics*, played a major role in this concept. As little as 20 minutes of aerobic exercise every other day will minimize the risk of heart disease.

Armed with an excuse acceptable to society, would-be runners by the thousands no longer resisted the pent-up desire to run. Also released was the desire to compete. Out of this grew the sport of road racing. Road races are held year-round in keeping with the philosophy of running for health, fitness and fun.

As the number of joggers, walkers and runners grew, the opportunities to compete increased, and track clubs began to form as did a national organization, the Road Runners Club of America (RRCA). Many road races have more than 5,000 competitors, and spectators at these events have raised numbers even higher.

Since 1988, the number of walkers at all distances has increased dramatically. MTC encourages its sponsors to include a walkers' division in their events.

ROAD RACING:

- is recognized as a major running/walking sport, joining cross country, indoor track and outdoor track and field;
- has more to offer and is more important to the average runner or walker;
- provides opportunity from the most casual walker to the Olympic contender;
- has events for all ages, both sexes, and all levels of capability.

Running and walking are more than just competition; both are fun and healthful to all.

If you would like to join us as part of this great sport, send in your application today.

MISSISSIPPI



TRACK CLUB

INFORMATION

AND

MEMBERSHIP

APPLICATION



