



Mission: The purpose of the St. Cloud River Runners is to promote running, encourage improvement, recognize achievement, and sponsor inter-club and community events.

History: The St. Cloud River Runners Club was organized in 1983 after its predecessors, the St. Cloud Harriers and then the Mississippi Striders, disbanded. We currently have over 100 members ranging from fitness runners to marathoners.

Newsletter: The newsletter is emailed monthly to members listing upcoming events. The newsletter also includes articles written by club members on a wide range of topics from race results to nutrition and health.

Breakfast Runs: Members gather on Saturday mornings at area restaurants for a group run and then stay to enjoy breakfast together. Other group runs, including regular Sunday morning and Tuesday and Wednesday evening runs, are scheduled on a month to month basis in the newsletter and posted on the club's web site.

Club Activities: The club sponsors the Lake Wobegon Trail Marathon and the Granite City 5K, and co-sponsors the Earth Day 1/2 marathon. Many members have fun car-pooling together to area road races and traveling together to marathons around the country. We have an annual banquet and slide show to celebrate members and their trips, races and accomplishments over the year.

If you run or have an interest in running, the club is a great way to meet new training partners, coaches and others with like interests. For more information, visit www.scr.org

St. Cloud River Runner Membership Application Form

____ Renewing Single Membership \$20 ____ New Single Membership \$20

____ Renewing Family Membership \$25 ____ New Family Membership \$25

Name: _____ Email: _____

Additional Member(s): _____ Email: _____

Address: _____

Phone: (_____) _____

MEMBERS RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I certify I am medically able to perform in these events and am in good health. I assume all risks associated with running and/or volunteering in SCRR sanctioned events, including but not limited to falls, contact with other participants, the effects of weather, including heat or humidity, ice or snow, the condition of the road and traffic on the course, all such risks being accepted by me. Having read this waiver and knowing these facts, I, the undersigned, intending to be legally bound, waive and release any and all rights and claims for damages I may have against the St Cloud River Runners, RRCA, USATF and any and all members, sponsors, and their representatives, from all claims or liability arising out of my participation in SCRR officiated/sanction events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photos, recordings or any other record of sanctioned events for any legitimate purpose. I have read and fully understand my release of liability and indemnification given hereinabove.

SIGNATURE: _____

Send check payable to SCRR and completed form to: Dan Cairns, PO Box 726, St Cloud, MN 56302