



Edmond Running Club

Welcome Runners, Joggers & Walkers! Come Join and Experience the Fellowship of Fitness!

BENEFITS OF MEMBERSHIP

1. Club information available at www.EdmondRunningClub.com
2. Monthly meetings with interesting and informative speakers
3. Weekly training runs, trail runs and running seminars
4. Social events: Christmas party and summer picnics
5. Volunteer opportunities, meet new friends
6. Civic and environmental involvement
7. Really cool E.R.C. apparel and merchandise

The fourth Monday of each month we meet for dinner at 6:00 p.m., followed by the club meeting at 6:30 p.m. Families are welcome! Watch the website and look for e-mail blasts for details about the meeting location to be announced each month.

Join us at the monthly meeting or MAIL FORM/CHECK TO: Edmond Running Club
1624 Apache Trail
Edmond, OK 73003

For more information, please contact Steve Sternlof, Club President at (405) 818-1647 or e-mail Steve-Sternlof@ouhsc.edu

Detach with \$16.00 membership fee.

NAME: _____ SEX: _____ BIRTHDATE: _____

FAMILY MEMBERS: _____

ADDRESS: _____

STATE: _____ ZIP: _____ E-MAIL: _____

TELEPHONE:(home) _____ (cell) _____ (work) _____

I wish E.R.C. to communicate with me by: (circle all that apply)

Phone E-mail Mailings Obtain information from website only