



## Southern AC Recreational Running Membership

The Southern Athletic Club Recreational Running Group seeks to provide a friendly, inclusive, and supportive running environment for your enjoyment of running in good company and to help you achieve your goals.

By becoming a member, you will be assisting in the financial running of the club and we thank you for your support.

Member benefits include:

- Personalised training plans
- Ad hoc discounted / free race entries
- Amart Sports discount card
- Southern AC social functions

Our Friday Night Run Club is open to runners of all abilities - whether you are looking to improve fitness, prepare for a specific event, smash a PB or just run with a social group of like minded people. There is no obligation to become a member and there is no charge to join us for a run so feel free to invite along friends, family and workmates.

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The membership year runs from 1 October to 30 September.

Individual Membership Fee 2016-17 = \$50

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Name .....	Phone .....
Address .....	email .....
.....	Emergency Contact .....
.....	Phone .....
Signature .....	Date .....