

MVRA MEMBERSHIP APPLICATION

Mississippi Valley Running Association

NAME: _____ Date of Birth ___/___/___ Age: ___ Sex: M F Email: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____ PHONE: () _____

MEMBERSHIP STATUS: New Renewal (member since _____)

MEMBERSHIP TYPE: (Each membership is valid for 1 year from the month you join.)

Individual (\$10) Family (\$20) Multiyear Option X2 for 2 years, x3 for 3 years etc.

Family Membership: Please list family member's names and birthdate. (Limited to immediate members living at same address)

NAME _____ Birthdate ___/___/___

NAME _____ Birthdate ___/___/___

NAME _____ Birthdate ___/___/___

NAME _____ Birthdate ___/___/___

WOULD YOU LIKE TO VOLUNTEER?

- Call me to help with the Heritage Trail Run in May
- Call me to help with the Benefit Classic in September
- Call me to help with the Iowa Winter Games in January

Send Check to:

MVRA
P.O. Box 854
Dubuque, IA 52004

VISIT OUR WEBSITE @ www.MVRADubuque.com

THANK YOU FOR JOINING THE MVRA!

MVRA's Membership entitles you to discounts to all MVRA Races. Shoe Shack offers a 10% discount on running shoes and apparel. Kunnert's Sports offers a 20% discount on running shoes and a 10% discount on running apparel. You must present your MVRA membership card at the time of purchase.

MVRA members will also receive 10 newsletter per calendar year full of information on races, health, nutrition, seasonal running tips, fun runs and more. Fun runs are held during the year and it is a great way to meet new people, run with old friends and have a fun time. MVRA provides refreshments at all fun runs.

