



About the Middletown Athletic Club - MAC was formed in 2002 by several local, long-time runners, in order to promote running as a social, recreational and competitive activity. MAC is a member of the Road Runners Clubs of America.

MAC's goals are to promote running as a family activity and support youth running. The Club is open to runners of all abilities, from fitness joggers to competitive racers and from youth beginners to seasoned vets.

Annual Membership dues are:	Individual - \$15.00	Mail to: M.A.C.
	Family - \$20.00	P. O Box 307
	Student - \$5.00	Odessa, DE 19730

Membership is renewable annually by March 31

The Club sponsors weekly group runs for runners of all paces and goals, as well as several running-related and social events each year. Details are provided via the club website (www.macrunning.com) and the weekly eNews-letter. A list of club benefits and benefits from its corporate sponsor, **Premier Physical Therapy & Sports Performance** (www.premierptsp.com) are also listed on the website.

For more information about MAC, e-mail the Club secretary at andrew.wftr@verizon.net

Name: _____ Date: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

E-Mail address: _____ I wish to receive eNotes () yes; () no

Other Family Members: _____

Signature: _____ (I agree to waiver release/code of conduct - see reverse)
 (Parental signature if under 18)

Club Membership Waiver

I understand that running is a potentially hazardous activity. I should not enter and run in club events unless I am medically able and properly trained. I agree to abide by the decision of any club officer relative to my ability to safely take part in any club function.

I assume all risks associated with running including but not limited to, falls, contact with other participants, the effects of weather (heat, high humidity, storms, etc...), the conditions of the road and of traffic, all such risks being known and unknown 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 Middletown Athletic Club, Premier Physical Therapy and Sports Performance and all related sponsors, representatives and successors, from all claims and liabilities of any kind arising out of my participation in these club activities.

I also agree to abide by the by-laws and code of conduct as approved by the Middletown Athletic Club, as a member of the Road Runners Clubs of America.

MAC-RRCA Code of Conduct Policy

Board Approved: January 1, 2012

In accordance with RRCA rules of conduct, as adopted by the Middletown Athletic Club (MAC), all Board members, club members, sponsors and volunteers must:

- Be honest and ethical in all conduct as it pertains to the Organization, including handling of actual or apparent conflicts of interest between parties; personal or professional.
- Comply with applicable laws, rule and regulations governing the Organization. In the event of a conduct complaint against a member, sponsor or volunteer, the MAC Board shall responsibly investigate and mitigate any dispute as it pertains to Club activities.
- Deal fairly with the MAC Board, members, sponsors, and volunteers.
- Address conflicts that arise proactively and professionally and adhere to the MAC Board as final decision maker, up to and including dismissal from the Club.
- Provide Information that is accurate, objective, relevant, timely, and understandable. Proactively promote ethical behavior and conduct as a responsible partner among peers at all MAC functions.
- Protect and ensure the proper use of assets of MAC and its sponsors/supporting partner(s).
- Matters discussed in an executive session of the MAC Board shall not be disclosed to others. Matters discussed in open session that are determined by the Board to be confidential, proprietary, sensitive, or valuable may only be disclosed to others when authorized by the MAC President. Documents marked confidential and/or "for internal use only" shall not be given to unauthorized persons.

I, _____, have read a copy of the MAC - RRCA Code of Conduct Policy.