

## MEMBERSHIP APPLICATION

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Name:

Street Address:

City/State:

Zip:

Phone:

E-mail:

Birth date:

Male      Female

Events interested in:

- Cross Country
- Long Distance Running
- Track & Field
- Ultra-distance Running

Dues classification:

- Regular (\$40 initial)
- Full-time Student (\$20 initial)
- Family (\$50)
- Lifetime (\$350)

Amount Enclosed: \_\_\_\_\_

## HOW TO JOIN

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**1. Complete** the membership application for WVTC

**2. Enclose** club dues. Make checks payable to West Valley TC.

**3. Mail** application to West Valley TC, c/o Marc Lund, 1433 Norman Drive, Sunnyvale, CA 94087

## CLUB DUES

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Yearly dues are renewable each December for the following year. The due classifications are as follows:

- Regular -- \$40 initial year, \$35 thereafter
- Full-time Student -- \$20 initial year, \$15 thereafter
- Family -- \$50
- Lifetime -- \$350

## PACIFIC ASSOCIATION USA TRACK & FIELD

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For more information on memberships and local races, please go to the following web site:

**[www.pausatf.org](http://www.pausatf.org)**

*Competing club members must also have a current PAUSATF membership indicating their team affiliation as WVTC, club number 110*



*Interested in Improving your  
Fitness and Racing?*

*Join WVTC!*



Cross Country PA Race in Santa Cruz, August, 2002

*All Ages and Abilities Welcome*

# OLDEST RUNNING CLUB IN NORTHERN CALIFORNIA

Founded in 1964, WVTC has been an institution in Northern California for over 30 years. The club is active in track and field, road racing, cross country, ultra running and race walking. Every age category has been represented.

The heart and soul of the club remains with the many members participating in events, supporting teammates on the sideline, volunteering at races, contributing to the newsletter or serving on the board.

## CLUB PROGRAMS & RACES

WVTC along with the Pacific Association of USA Track and Field (PAUSATF) offers a variety of programs for the racing enthusiast. Also, local running clubs and individuals compete for cash prizes at the end of the season.

**Long distance running:** From January to December of each year, the Pacific Association LDR Grand Prix Series offer races from distances of one mile to the marathon.

**Cross-Country:** From late August through November, the Pacific Association offers a series of off-road races ranging from 5K to 10K distances. Many of these races include local collegiate competitors as well.

**Track & Field:** From February to May, the PAUSATF offers a low pressure, high quality series of approximately twelve meets. It's a great opportunity to run a variety of distances from 100m to 10,000m.

**Ultra Distance Running:** For those interested in marathon distances and longer, the Pacific Association offers a series of ultra-distance racing series.

## LOCAL WORKOUT GROUPS

If you are interested in training with other WVTC athletes, there are regular track workouts, tempo and long runs in the following areas:

1. **San Francisco**
2. **SF Peninsula** (Stanford University and surrounding cities)
3. **Sacramento Area**

[www.westvalleytc.org](http://www.westvalleytc.org)

*Visit our web site for more information*

## MEMBERSHIP BENEFITS

- ❖ *Club Newsletter*
- ❖ *Reimbursements for some race entry and travel fees for PAUSATF races*
- ❖ *Club singlet with participation in PAUSATF races*
- ❖ *Significant discount on clothing and shoes ordered from team sponsor*
- ❖ *Discounts at local running stores*
- ❖ *Group Workouts and Social Events*
- ❖ *Regular Board Meetings*
- ❖ *Volunteering opportunities at races and other events put on by WVTC*