

PARK FOREST RUNNING AND PANCAKE CLUB MEMBERSHIP FORM

CLUB INFORMATION

BENEFITS

Membership includes the entire household. Discounts to club organized local races. Receive monthly newsletter & become a member of an email group communicating upcoming local races, tips, & social gatherings. Meet others "like you" and benefit from invaluable running tips. Join the monthly meeting to help organize a great community group. Qualify to apply for our scholarship fund. Visit our website www.pfrpc.com for full membership benefits.

CLUB SPONSORED EVENTS

JANUARY – MIDWINTER CRUISE 5K

Come take a cruise without leaving Illinois! This is a fun winter race that's fast, flat, and winds through the streets of Park Forest. Every registered runner receives a trophy, a pancake breakfast, plus a few surprises. The race is held at Forest Trail Junior High School at Lakewood and Wilson Streets in Park Forest.

SEPTEMBER – TURTLE TEN MILER

During Labor Day Weekend, try the "Un-Run," a great run with a really fun atmosphere! This is a cheap and challenging run through Hickory Creek Junction and parts of Old Plank Trail in Mokena. Every participant gets to take part in our famous all-you-can-eat pancake breakfast!!!

YEAR ROUND – WEEKLY RUNS

Saturdays: Time coincides with daylight savings time 8am during "fall behind" and 7am during "spring ahead." We switch locations between the Midlothian Reservoir, 167th and Cicero and Old Plank Trail from the parking lot on White Street in downtown Frankfort.

Sundays: We meet at 8am, Schubert Woods, the corner of Chestnut and Cromwell in Park Forest.

MOON RUNS – MONTHLY (while we can still see the streets!)

Run 3 to 4 miles once a month, on the Thursday closest to the light of the full moon. Locations vary between Frankfort, Oak Forest, Tinley Park, and Palos Heights. Afterwards socialize at a local restaurant. Check website and emails for details.

PAY IT FORWARD FUND

The PFRPC provides a donation for any member participating in a race for charity.

SCHOLARSHIP FUND

The Club raises funds for our annual scholarship awards program which is open to any club member.

OTHER EVENTS AND GATHERINGS

Much like 'building the bomber as we fly her', the PFRPC holds other social events throughout the year. Our website and email communications are the best place to find out What's Happening Now!

Cut along the dotted line and submit information below. Please make checks or money orders payable to "PFRPC"

<input type="checkbox"/> NEW MEMBER <input type="checkbox"/> RENEWAL <input type="checkbox"/> UPDATED INFORMATION	
Name	
Street Address	
City ST ZIP Code	
Phone:	Date of Birth (DOB):
Email:	Runner or Walker:
Other HouseHold Members/DOB	
Annual Membership Dues are due in January	
Membership Dues	<input type="checkbox"/> 1 Year \$25 <input type="checkbox"/> 2 Year \$35 <input type="checkbox"/> New Membership before July 1 st \$18.75
	<input type="checkbox"/> New Membership after July 1 st \$12.50
Donation to Scholarship Fund (Optional):	
You may either mail in this membership form along with the fee (checks or money order payable to "PFRPC,") to: Danyel Thompson, PFRPC Membership, 4531 Windsor Ct, Richton Park, IL 60471 or visit our website at www.pfrpc.com and under "Club Information," join online. Questions? Call Danyel Thompson at 708-932-2857 or email danitee@hotmail.com subject PFRPC Membership/Information.	