

SARL KEY EVENTS

JANUARY: ANNUAL MEETING

JAN./FEB. TRAIL RUN SERIES 10,12,15km
(WEATHER AND ROAD CONDITIONS
NOT AN OPTION)

MARCH : RIVER RUN 5km

APRIL: YMCA KIDS TRIATHLON

MAY: SPILLWAY HILL DUATHLON

JUNE: **RUN IN THE SUN** THE LONGEST
RUNNING 8km IN THE STATE
(CELEBRATED 35 YEARS AS THE RRCA
STATE CHAMP. IN 2007) INCLUDES 1mi

JULY: STOP, DROP AND ROLL RUN
5mi, 1mi

AUGUST: SOUTHLAND SHUFFLE
6 mi, 2 mi.

SEPTEMBER: HOT DOG RUN 1, 2, & 4mi

OCTOBER; AIR FORCE TOP 3 5km, 1mi
ARMYDILLO RUN 10km, 2mi

NOVEMBER: CRITTER CRAWL 10km, 1mi

DECEMBER: RUN, RUN RUDULOPH
2.5 mi UNDER THE LIGHTS
THE RESOLUTION RUN
1/2 MARATHON. 5mi, 1mi

SAN ANGELO ROAD LIZARDS MEMBERSHIP APPLICATION/RENEWAL

Fees: (Check one) Individual \$10.00 () Family \$15.00 ()
Email Newsletter \$7.00 ()

Name: _____

Age: _____ Sex: _____

Mailing address: _____

City: _____

State: _____

Zip: _____

email address
(optional): _____

Phone (optional) : _____

(Insurance requirement)
Club Membership Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering including to but not limited to, falls, contact with other persons, the effect of weather, the conditions of the course and traffic on the course, all such risks being known 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 Road Runners Club of America, the San Angelo Road Lizards, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in any club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this Waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the races and I will abide by this guideline. I, also, fully understand that this Waiver, will remain valid as long as I am a current member of San Angelo Road Lizards, Inc.

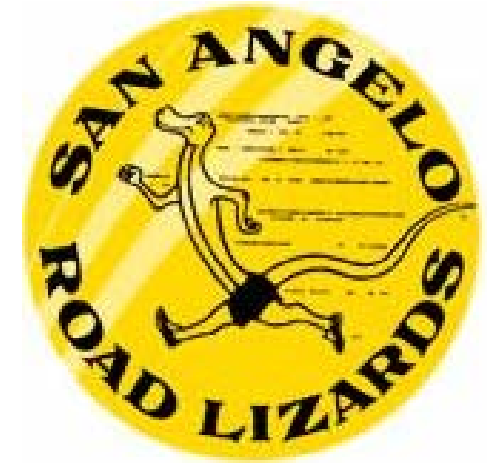
Signature: _____

Date: _____

Parents Signature
(If under
18): _____

Date: _____

Mail Application to: San Angelo Road Lizards
P.O. Box 2851
San Angelo, TX 76902-2851



Who We Are!

The San Angelo Road Lizards Running Club (SARL) is a non-profit RRCA-sanctioned club dedicated to supporting running as a recreational and competitive sport and as a healthful exercise for the residents of San Angelo and the Concho Valley area. The club organizes group workouts, puts on running events throughout the year, and assists other organizations with races. SARL welcomes runners of all ability levels to join and participate in club activities and events.

SARL is dedicated to provide at least one competitive race a month. Races offer a different type of course each time from rolling, to fast and flat. Most races offer a one mile course for beginner runners, walkers and youth. Race schedules can be found on our website, along with race results from past events.

www.roadlizards.org

Group workouts are informal and anyone can join in no matter your speed or ability. Place and times vary according to season and will be posted on the website.

Places to Run

The Concho Valley offers a wide variety of excellent scenic run/walk venues. Downtown River Trail, Middle Concho Park, Gun Club Road, Spring Creek Park, San Angelo State Park, and OC Fisher Dam Road. All are posted with directions on our website.

MEMBERSHIP

You don't have to be a member to come out and participate in any SARL function. Membership is encouraged to help with operation expenses for the club. Membership fees help cover insurance, website and monthly newsletter fees. A membership form can be found on this brochure or downloaded from the website. Yearly dues run from Jan. to Dec.

SARL FAMILY- OVER 35 YEARS STRONG

Through ups, downs, and controversy we have remained a family for over 35 years. The membership has not let the SARL presence in the Concho Valley to become extinct. We give credit to the support of our extended family of runners and their families. Members input from run venues to race schedules are valuable to the success of our club. Everyone is encouraged to participate in the planning process of all events.

Each year the board of officers will propose a race schedule for the coming year, it will be posted on the website in October for review. At the yearly meeting held in January the schedule will be discussed and finalized by the membership, followed by election of officers.

In addition to key SARL races, organizations often approach us to lend technical support for their own runs. Additional races are often added to the schedule throughout the year.

