



Do you have GUTS?

Membership Benefits Include:

- Free or \$5 reduced entry into GUTS-sponsored events
- 10% discount on all items at Big Peach Running Co.
- 10% discount on all items at Phidippides Running Store
- 15% off Massage from Core Bodyworks
- 15% off Massage by Robin Rogers
- Discounted Patagonia GUTS gear
- RRCA membership – including *Club Running* & Hertz discount
- Subscription to “Straight from the GUT” e-newsletter
- Access to GUTS online forum
- Monthly GUTS trail training runs
- Invitation to the End of Year Annual Meeting & Celebration

Read “Straight from the GUT” newsletter

“Straight from the GUT” is the best source of regional ultra and trail running news and information including feature stories, calendars of GUTS & non-GUTS events, GUTS race results, and photos highlighting society members and activities.

How To Join:

Memberships are \$15 per person. All memberships expire December 31 of each year. Join after November 1 and it's good through the end of next year! Call the GUTS office at (404)409-0909 or write us at: 134 Aiken Place, Dallas, GA 30157 or via e-mail to getguts@hotmail.com or go to www.getguts.com

Current GUTS Races include:

- January: FatAss 50km
- February: Red Top Rumble Trail Run
- August: Hot to Trot 8 hour
- October: Pumpkin Butt 50km
- November: Mystery Mountain Marathon
- December: Pine Mountain 40 Mile Trail Run

Anyone who enjoys running trails or long distances will love GUTS!

MEMBER APPLICATION 2010

Name _____

Address _____

City _____ State _____ Zip _____

Renewal (Y/N) _____ Age _____ Sex (M/F) _____ Birth Date _____

How (or who) did you find out about GUTS? _____ Occupation _____

Phone _____ Email _____

Society membership Application Waiver

I know that running, volunteering and hanging out during society events and races are potentially dangerous activities. Albeit getting up in the morning can be scary too. I will not enter and run in society activities unless I am medically able, clinically not-insane and properly trained. I will not sandbag my conditioning nor lie about my ability to keep up. 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, volunteering and cavorting during society activities including, but not limited to, falls, contact with other participants, getting lost, lack of sleep or proper nutrition, high heat, and/or humidity, conditions of trail, road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts, in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, give undo homage and waive and release the United States Track and Field, Georgia Ultrarunning & Trailrunning Society, and all its officers, volunteers, sponsors, their representatives, successors and next of kin, from all claims or liabilities of any kind arising out of my participation in society activities even though that liability may arise out of negligence, naivete, carelessness or stupidity on the part of the persons named in this waiver.

Signature _____ Date _____

Make checks payable to GUTS. Mail to 134 Aiken Place, Dallas, GA 30157