

Send membership form and your check payable to KC Express to:

**Kansas City Express**  
**Membership Director**  
**PO Box 8158**  
**Prairie Village, KS 66208**

Are you ready to train for your first 5K? Set a personal record in your favorite distance? Or shed a few pounds? Whatever your walking or running goals may be, you'll find friends among the women of KC Express. Join us and stay healthy while having fun!



**KCEXPRESS**



## **STAY HEALTHY** While Having Fun!

Kansas City Express is a running and walking club for women of all ages and abilities.

The mission of Kansas City Express is to inform, motivate, and inspire women to exercise for better health. We are a non-profit 501(c)(3) organization, affiliated with the Road Runners Club of America.

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

# WELCOME TO KANSAS CITY EXPRESS

Stay healthy while having fun! Join KC Express to make new friends, get fit (or fitter), train for upcoming events, and learn more about women's health and wellness.



## MEMBERSHIP BENEFITS AND ACTIVITIES INCLUDE:

**MONTHLY MEETINGS** explore fitness topics of interest to women.

**FREE SATURDAY GROUP RUNS/WALKS** offer step-by-step camaraderie.

**GREAT DISCOUNTS** at area running stores help you save on athletic gear.

**VOLUNTEER OPPORTUNITIES** allow you to support running/walking and other good causes at the same time.

**OCCASIONAL SPECIAL EVENTS** provide fun and adventure.

**A WAY TO HELP OTHER WOMEN!** We host the Mother's Day 5K, Kansas City's only run/walk exclusively by women, for women. The race funds and furthers our mission to promote women's health through fitness.

## MAKE A HEALTHY CONNECTION

Join us the first Tuesday of every month for a Healthy Girls' Night Out. We meet at 6:30 p.m. at St. Joseph Medical Center (I-435 and State Line Rd.) in the Community Center (Building D). Meetings feature social time, food and drink, and speakers or group discussions on fitness topics of interest to women.

## START YOUR WEEKENDS RIGHT

Come run or walk with us on Saturday mornings. Paces and distances vary, and the location changes monthly to keep it interesting. Most enjoy coffee and conversation afterward.

## BECOME A MEMBER

Fill out, clip, and mail the attached form or sign up online at [kcexpress.org](http://kcexpress.org). Dues are \$25 per year.

## LEARN MORE

Visit our website [kcexpress.org](http://kcexpress.org), phone 913.643.1460, or email the Kansas City Express President: [kcexpresspres@gmail.com](mailto:kcexpresspres@gmail.com)

## MEMBERSHIP FORM KANSAS CITY EXPRESS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (H) \_\_\_\_\_

PHONE (W) \_\_\_\_\_

PHONE (C) \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

## MEMBERSHIP WAIVER & SIGNATURE:

I know that running, walking, and volunteering to work in races are potentially hazardous activities. I should not participate 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 any run or club activity. I assume all risks associated with participating or volunteering including, but not limited to, falls, contact with other participants, effects of weather, including high heat and humidity, road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver, and in consideration of your acceptance of my membership application, I, for myself and anyone entitled to act on my behalf, waive and release RRCA, KC Express, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in club activities even though that liability may arise out of negligence or carelessness on the part of persons/groups named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in photographs or other records of club activities for any legitimate promotional purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT SIGNATURE IF UNDER 18

**Dues are \$25. Membership is based on the calendar year, expiring on Dec. 31.**