

VFAC 2009 Membership Renewal

VFAC and BC Athletics 2009 membership

- Club and BCA dues are based on the calendar year beginning January 1st to December 31st. **Membership/BCA fees are due by Saturday February 1st, 2009.**
- If you have paid your BCA membership after September 30th, 2008 your membership will not expire until December 31st, 2009. Check your expiry date on your card if you are unsure.
- All members of VFAC **must** be a member of BC Athletics. This is a requirement of BC Athletics for all affiliated clubs. Most of us need to join as Adult Recreation members only. Adult Rec. does not preclude you from winning VFAC Awards or Race awards in the Open Category. A BC Athletics supporting membership is also fine if you are not planning on racing much this year. Both forms must be submitted to the Club Registrar.
- Make **one** cheque payable to Vancouver Falcons Athletics Club **for both** VFAC and BC Athletics costs. Return this form, BCA application, cheque and attached questionnaire to the club registrar (who can also answer any questions you may have). If possible, scanned e-mail of the info sheets would be preferred. Coaching fees to John Hill are paid to John directly, and not the registrar.
- The registrar's contact information is:
Kevin O'Connor
#304-1428 West 6th Avenue
Vancouver, BC V6H 4H4
604-730-6171 HOME
778-833-1760 CELL
sloweddie@shaw.ca



Please check off amounts below and return with appropriate payment:

Name: _____

Address _____ Postal Code _____

Date of Birth ___/___/___ (MM/DD/YY)

Phone H _____ W _____

Email: _____

Emergency Contact: _____ (for our records)

Club Dues

- \$55 – VFAC Single Dues 2009 (Re-new or New Member)

Club Singlets* (*Strongly recommended for those intending to be racing*)

Size: **S** **M** **L** Style: **FEMALE** **UNISEX**

- \$35 – VFAC Singlet, Moisture wicking fabric made by Louis Garneau

BC Athletics Membership Fees (GST Included)

- \$10.50 – Supporting social membership (*for members who are not actively racing*)
- \$84.00 – Junior (JUN) 18 & 19 years (competitive runners)
- \$94.50 – Senior (SEN) 20-39 years (competitive runners)
- \$42.00 – Master (M) competitive runners 40 and over
- \$36.75 – Adult Recreation Runner (ARR) (non competitive, most of our club are in this category)
- \$26.25 – Associate (Club Administrators & Club Directors)

The club currently hosts two races. It is extremely important that our club races are successful as this is how we subsidize our low coaching fees. The club requires you to volunteer at both club hosted races. You may run in either one or, the other race, but if you are running, an outside volunteer must be provided. **This is a requirement of club membership & subsidizes your coaching fees.** With this in mind please indicate your preferences below:

DAVE REED SPRING CLASSIC 5K

- I would like to run the 5K and volunteer before/after the race
- I would like to be a volunteer and will not be racing
- I am unsure of my schedule right now, I will give you a commitment 4 weeks prior to the race.

As a volunteer I would prefer to: (please check 2 boxes and number 1 for main preference, 2 for secondary preference)

- Registration Day of Race
- Race packet pick up (prior to race)
- Marshalling
- Finish Shoot
- Waterstations staffing
- Course/Waterstation set-up/take-down
- Information hosts/hostess
- Food

Summerfast 10K

- I would like to run the 10K and volunteer before/after the race
- I would like to run the 10K and will provide a volunteer in my place.
- I would like to be a volunteer and will not be racing
- I am unsure of my schedule right now, I will give you a commitment 4 weeks prior to the race.

As a volunteer I would prefer to: (please check 2 boxes and number 1 for main preference, 2 for secondary preference)

- Registration Day of Race
- Race packet pick up (prior to race)
- Marshalling
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- Waterstations staffing
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The Club is also looking for people to help co-ordinate both of these races, please indicate if you would like to help out in the preparation of these races

- Yes! I would like to volunteer to help co-ordinate (check one)
 - Dave Reed Spring Classic 5K (Saturday March 28, 2009)
 - Summerfast 10K (Saturday July 18, 2009)

Please let one of the club executive members or the race director know if you are able to donate prizes for either of these events

Club Meetings

The club has a bi-monthly membership meeting at one of the member's homes, on the second Thursday of every other month after workout. The club pays for the food, and a cash bar is available. All members

are invited & encouraged to attend. In the past the turnout is usually around 30 people. The club social co-ordinator will contact you with further information if you would like to host.

- YES! I would like to host a club meeting, the best month for me is _____
- No, I am unable to host a club meeting.

Extra Skills You Can Offer the Club

The club sometimes needs help in a non-run capacity, please list any skills you can offer to the club

IT'S ALL ABOUT YOU

VFAC is run by the membership and we would like some information about you, all of the below is optional but helps us better improve the club. *(if you have already completed this please just update any new information)*

MY FAVORITE RACE DISTANCE IS:

MY FAVORITE RACE IS:

MY PR (personal record) **IS:** (please indicate date/race)

5K _____ **10K** _____

1/2 Marathon _____ **Marathon** _____

Other _____

SUGGESTIONS FOR CLUB *(continue on back if necessary)*
