



TODAY'S DATE: \_\_\_\_\_

**CHOOSE ONE:** \_\_\_\_\_ INDIVIDUAL MEMBERSHIP \$20

\_\_\_\_\_ FAMILY MEMBERSHIP \$25

\_\_\_\_\_ IRONFOOT (PAST SPRING/FALL/ALRC – FREE)

MEMBER NAMES:	Age	Birth Date	HARRA #
_____	/_____	/_____	/_____
_____	/_____	/_____	/_____
_____	/_____	/_____	/_____
_____	/_____	/_____	/_____
_____	/_____	/_____	/_____

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ OFFICE \_\_\_\_\_ CELL \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**MAKE DUES CHECK PAYABLE TO: AL LAWRENCE RUNNING CLUB**

**MAIL TO: AL LAWRENCE RUNNING CLUB**

1324 Knox, Houston, TX 77007

**Questions:** [stacy@stacyholden.com](mailto:stacy@stacyholden.com)