



PARK FOREST RUNNING AND PANCAKE CLUB MEMBERSHIP FORM

BENEFITS Discounts to club organized local races. Receive a monthly newsletter & become a member of an email group communicating upcoming local races, tips, & social gatherings. Meet others "like you" (about 400 members in the local area) and benefit from invaluable running tips. Join the monthly meetings to help organize a great community group. Qualify for application for our scholarship fund. Visit our website (<http://www.pfrpc.com>) for full membership benefits. Some club sponsored events are:

JANUARY MIDWINTER CRUISE 5K
The course is fast and flat and winds through the streets of Park Forest. Come take a cruise without leaving Illinois! Every registered runner receives a trophy, a pancake breakfast, plus a few surprises. The race is held at Forest Trail Junior High School at Lakewood and Wilson streets in Park Forest.

I-RUNS We are affiliated with the I RUNS marathon training program

AUGUST PROGRESSIVE HALF MARATHON (SUNDAYS IN AUGUST)
Now you too can win a "Half Marathon" Finisher's Medal by running a series of short races and the Scenic "5" on Labor Day. Run as many of the short races as you wish but only the fastest will count towards your half marathon time. Receive your special Progressive Half Marathon medal at the finish line of the Scenic 5. Enjoy the community support given to the runners by the citizens of Park Forest. This is one of our clubs 'unique' signature races.

OTHER MISC CLUB FUN RUNS
Saturdays: Time & location varies based on the time of year. Contact: Fred Mazurski 312 961-2671 or check the club website.

EVENTS Sundays, 8:00 am at Shubert Woods, Park Forest, IL. Contact: Margaret Brady (708) 798-5086

MOON RUNS
Run 3 to 4 miles by the light of the full moon. Locations rotate between Frankfort, Oak Forest/Tinley Park and Palos Heights. Socializing afterwards at a local restaurant. Check website for details.

NAME	
ADDRESS	
CITY, STATE, ZIP	
DATE OF BIRTH	PHONE
EMAIL ADDRESS	RUNNER OR WALKER
OTHER FAMILY MEMBERS: (All memberships are family memberships.)	
MEMBERSHIP FEE 1 YEAR \$25 2 YEARS for \$35	
DONATION TO THE SCHOLARSHIP FUND	
TOTAL	

NEW MEMBER

RENEWAL

UPDATED INFORMATION

You can either mail in this membership form, along with the fee (checks made payable to "PFRPC", to: Fred Mazurski, PFRPC Membership, 18619 Dixie Highway, Homewood, Il 60430 OR Visit our website at www.pfrpc.com and find a link for joining online. Questions? Call 312 961-2671 or e-mail Fredmazu@yahoo.com.