

KVW Membership Application

Name(s):

Home Address:

City _____

State _____ ZIP Code _____

Phone (_____) _____ Home

Phone (_____) _____ Cell/Bus

E-mail Address:

Birthday(s)

____/____/____ Sex: M / F

____/____/____ Sex: M / F

Membership Rates:

	Walk! Magazine	
	Included	Without
Individuals:	\$23	\$17
Families:	\$33	\$27

Please mail your application and check to:

Kalamazoo Valley Walkers
PO Box 19414
Kalamazoo MI 49009-0414

**Before mailing
be sure to sign the waiver .**

Walking interests:

(Please check all that apply)

- Walking for Fitness and Health
- Race walking / Competitive Walking
- Walking to Promote Charities, Political or Social Agencies
- Walking to Meet or Socialize with Others
- KVW Organized Events

I'd be willing to help with:

- Neighborhood Walks Event planning
- Working on the Board Publicity
- Membership E-Mail or Website
- Helping at Walks Helping at Races
- Represent KVW on community outreach projects
- Other _____

How did you find us?

- KVW website A friend
- A Search Engine Media/Newspaper
- Gazelle Sports YMCA
- Fit 2007 AVA Website
- Another Walking Club: _____
- Other: _____

Board Meetings: Members are invited and encouraged to attend the monthly board meetings, please email info@kvwalkers.org for details.

The KVW seeks to be an advocate for walkers of all types. The club does not discriminate based on age, occupation, race, religion, sex, or any other factor. It does however, seek to foster walking rather than jogging, running, or other pedestrian forms.

Waiver

In consideration of my entry acceptance for membership in the KALAMAZOO VALLEY WALKERS (KVW), I do hereby for myself, my heirs and executors, waive, release and forever discharge any and all rights and claims for damages for which I may hereafter accrue to me against KVW, any and all sponsors or the club, all persons organizations and legal entities affiliated with the club for any and all injuries sustained out of association, with such entry in or participation in said KVW. Further, I hereby grant full permission to any and all the foregoing to use my photographs, pictures, recordings or records of this club for legitimate purposes.

I attest and verify that I am physically fit, understand this is an arduous athletic club, have sufficiently trained and hereby certify that I am properly conditioned to participate.

Signature(s)

Date _____

Parent or Guardian's signature required if child is under 18

Privacy Statement

KVW is careful to protect the privacy of its members. Member information is for the exclusive use of the Board and it's committees. It will not be sold or given to others.



Kalamazoo Valley Walkers

Serving Southwest Michigan

Come Walk With Us!

- *Fitness Walking*
- *Race Walking*
- *Nordic Walking*
- *Hiking*

Member of USATF & AVA



www.KVWalkers.org

info@KVWalkers.org

Join Kalamazoo Valley Walkers (KVV)

Kalamazoo Valley Walkers Club (KVV) was established in 1991 to encourage individuals throughout southwest Michigan to walk for fun and fitness.

We are fitness walkers, competitive race walkers, Nordic (pole) walkers, and hikers.

KVV is an affiliate club of USA Track & Field (USATF) and American Volkspport Association (AVA).

It partners with Borgess Run, Gazelle Sports, Walking Together of Greater Kalamazoo and the YMCA.

KVV Walks With A Purpose

KVV seeks to:

- Help walkers achieve and maintain fitness for good health,
- Offer race walkers competitive challenges and ways to improve their speed and technique,
- Provide information for those who walk to raise awareness for charities, political, or social issues,
- Support social aspects of walking by offering the opportunity to form new friendships,
- Partner with community organizations to increase walking events and places,
- Be advocates for the enhancement of the walkability of our communities,
- Work with school districts and malls to identify indoor places to walk in the winter,
- Inform walkers on where to walk or race via email and website. Walkers who are non-members may subscribe online to the Walking Buddies email list.



Benefits of Membership

Subscription to Walk! Magazine, a national quarterly publication, at a 50% savings (optional).

We offer a sanctioned race walk, fitness walks, training, and social opportunities:

- Neighborhood fitness walks,
- 10-week Winter Walk Class for fitness and race walkers at the Portage YMCA on Sunday afternoons beginning in January,
- USATF sanctioned Michigan 5K Racewalk Championship at Borgess Run on the last Saturday of April,
- Annual post One:One Chili Party on January 1st following the One:One Run/Walk,
- Annual membership meeting.

Join us now.

2007 Neighborhood Walks

Walks are for moderate to fast pace walkers (14 minute mile or faster) . Slower walkers should bring a walking partner to walk your speed.

Kalamazoo's Westside - Winchell Walk:
Mon - Tue - Wed - Thu at 4 p.m.

Meet at Winchell Elementary School parking lot, 2316 Winchell off Oakland Dr. Includes hills. For more info: ceverly@hotmail.com or (269) 808-3830.

Portage MI - Centre/Angling Walk:
Mon -Wed - Fri at 6 to 6:45 a.m.

A year round walk. Meet at the Portage YMCA parking lot at 2900 W Centre Ave. Walk 3 miles. No outdoor walking on bad weather days (YMCA members walk the YMCA indoor track). For more info: humzer@aol.com or 269-327-9949.