MAX : Kansas City Running Club

Does becoming MAX Runner sound like it's perfect for you?
Fill out the form and become part of the team.

First and Last Name _____

Street Address _____

City _____State _____Zip _____

Birth Date _____ Gender_____ Shirt Size? (Circle One) XS S M L XL XXL

Email Address _____

Phone Number _____

FB Profile _____

Please answer the following questions.

1. Name /date /location and qualifying time of at least one performance in the
last 12 months that meets Kansas City Running Club Max qualifying standards.

Men	OPEN	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
5K	21:30	21:45	22:45	23:45	24:45:00	25:45:00	27:00:00	28:30:00	30:30:00	34:30:00
10K	44:15:00	47:00:00	48:30:00	50:45:00	53:15:00	55:15:00	57:30:00	1:01:00	1:06:00	1:13:30
Half Marathon	1:40:00	1:46:00	1:50:00	1:54:30	2:00:00	2:04:45	2:10:00	2:16:30	2:33:00	2:44:15
Marathon	3:33:30	3:46:00	4:00:00	4:04:15	4:15:00	4:25:45	4:36:45	4:47:15	5:13:15	5:45:00
Women	OPEN	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
5K	24:00:00	24:45:00	25:00:00	27:15:00	29:30:00	31:50:00	34:20:00	37:00:00	40:00:00	44:45:00
10K	51:15:00	53:00:00	55:30:00	58:15:00	1:02:15	1:06:30	1:12:30	1:18:45	1:26:45	1:34:45
Half Marathon	1:56:00	2:00:45	2:05:45	2:11:30	2:20:30	2:30:15	2:42:45	2:55:30	3:15:00	3:31:15
Marathon	4:00:15	4:08:15	4:15:15	4:32:15	4:52:15	5:11:00	5:40:00	6:09:00	6:40:00	7:23:30

Name of Race_____Date_____

Location _____Qualifying time_____

2. Max runners must be a member of the Kansas City Running club. Are you a current member of the Kansas City Running club? Yes_____ NO_____. If you answered no, will you commit to becoming a member of the club. Yes_____ NO_____

3. Will you commit to registering and participating in three scheduled races, during the calendar year. This does not include the FREE races provided by the Max.   Yes _____ NO_____

4. Will you commit to wearing the KCRC Max singlet/shirt at each scheduled race event. You are encouraged to wear your team shirt to other events.   Yes_____   No_____

5. Will you commit to the following KCRC Max members requirements?

    a. Exhibit good sportsmanship and character. Yes_____   No_____

    b. Participate in team communication via Facebook by posting stats, discussing races, practice runs, club updates, pictures, etc. This creates the team interactions and build camaraderie.
    Yes_____   No_____

    c. Act as an ambassador for KCRC by promoting the club among your running friends by sharing KCRC events/promotions on social media. Yes_____   No_____

Please write a short Bio of your running history.
_____
_____
_____

What are your current goals?
_____
_____
_____

What is your personal best?
_____

Why would you be a great member of the Max Team?
_____
_____
_____

Anything else you would like to tell us about yourself?
_____
_____
_____

Signature _____   Date _____

Please complete this application and return it to KCRCMax@gmail.com
Or mail to the Kansas City Running Club, 208 W 79th Kansas City, MO 64114