



York Knavesmire Harriers



THINKING OF JOINING A RUNNING CLUB?

We are a friendly club with over 200 members of all ages and abilities. We run on the road, cross-country and fell, with training sessions six days per week (see below). There are club runs every month, which count towards the club championship, and we enter teams in numerous relay races. Simply – there is something in Knavesmire Harriers for every runner!

WHAT DO I DO NEXT?

If you're sure you want to join us, complete and send off the application form overleaf. However, we understand that you may want to try us out first.

Can you run at least 3 miles? Then please come along to one of our training sessions (see below). Just make yourself known and we will find somebody to run with you at your pace. You are welcome to attend a few sessions as a guest whilst you get to know us, but please be aware that you will not be covered by our insurance.

If you are new to running, then please visit our website www.knavesmire-harriers.co.uk for more information or email newmembers@knavesmire-harriers.co.uk

WHAT ELSE DOES THE CLUB OFFER?

As a club member, you will be entitled to a £2 discount on open race entries. You will also be covered by the club's accident insurance.

Facilities at our base, Dringhouses Sports and Social Club (DSSC), include:

- ▣ Changing, showers and toilets on running nights.
- ▣ Car-parking and secure bicycle racks.
- ▣ Bar and meeting-rooms.
- ▣ Club notice Board, with details of future runs and club news.

We also have a full range of kit, including vests, tracksters, t-shirts and sweatshirts. You can buy as much or as little as you like once you have joined, though please remember that if you enter a race as a Knavesmire Harrier you must wear the club vest.

Training sessions

	DAY/TIME	VENUE	SESSION TYPE
Monday	6.30pm	DSSC	Easy/steady run
Tuesday	6.30pm	Millennium Bridge, by the river in during summer.	Speed session or Hill session
Wednesday	7.00pm	DSSC	Steady run
Thursday	6.30pm 7.00pm	DSSC University track	Steady run Speedwork (coach-led)
Saturday	8.30am	DSSC	Long, easy run
Sunday	9.00am	By arrangement (ask Michelle)	Long, easy/steady

MEMBERSHIP APPLICATION FORM

NEW MEMBERS (Re-Joining Fee £24)

If joining January – April	£24
If joining May - August	£18
If joining August – December	£12

Second claim members: do not need to pay, however we do require your personal details, UKA number and name of first claim club.

First Name(s)		Title	
Last Name		Gender	
Address 1		Date of Birth	
Address 2		Ethnic Origin	
Town		Home Phone No	
County		Work Phone No	
Postcode		Mobile Phone No	
Email		Fax	

Membership of Other Clubs

Other clubs of which you are a member		Status ie First/Second Claim		Date of Resignation from Previous Club		Date of Election to Knavesmire	

Please confirm that you would like your details to be circulated annually on the club membership list in order to facilitate things such as arranging of shared lifts to events etc. Details will never be passed to non-members by the club.

Disciplines in which you expect to participate

Cross Country	Fell and Hill	Race Walking	Road Running

Volunteer Role

Timekeeper	Track Judge	Field Judge	Starter	Marksman	Ancillary

Coach Qualification

Level	
Event(s)	

Signature _____ **Today's date** _____

Please make all cheques payable to '**YORK KNAVESMIRE HARRIERS**'.

Entry form **must** be mailed or handed direct to:

Michelle Atkins. C/o York Knavesmire Harriers, 16 Rowan Avenue, New Earswick, York, YO32 4AT to receive a welcome pack.

Club use only to sign: Michelle Atkins, Graeme Adams and Jean Snelling

Welcome booklet check: _____ Treasurer check: _____ Secretary check: _____