

Thank for your interests in trying the San Diego SoCal RoadRunners please follow these steps before attending your first practice

- 1) **PLEASE BE AWARE THAT WE ARE MORE OF A MID TO LONG DISTANCE (400 meters to 3000 meters) ORIENTATED YOUTH TEAM!**
- 2) Please open and read Registration Flyer which list locations of our practice sites and the total cost of joining our team, there is **NO weekly or monthly fees** please feel free to contact us if you have any questions at sandiegoroadrunners@gmail.com
- 3) Please fill out “New Member Trial Waiver Form” and bring it to your first practice, we feel that before you decide to officially join the team we would like you to try us out for two (2) weeks after those two weeks we feel that you should get a better understanding of how we train our athletes
- 4) If after the two week trial period we would need you to fill out “Athlete Registration Form”, the “Medical Release Form” and pay the fee.
- 5) You’re now a proud member of the “San Diego SoCal RoadRunners”