

JOIN US

RUN MINNESOTA BETTER WITH MDRA MEMBERSHIP!



A membership pays for itself!

FOR \$25 YOU GET...

- **RunMinnesota**, an MDRA produced publication filled with news, results, facts and information. RunMinnesota is the magazine for Minnesota running.
- **Running Minnesota Annual**, a handbook containing the most complete Minnesota race schedule. It doubles as a personal training diary and sells in stores for \$14.95. Members get it free.
- **Free MDRA sponsored races** to get you going. These races are quieter, sometimes faster, sometimes slower, but always a lot of fun.
- **Free Annual Party** in January when you need a little extra. We have an exciting program, decent food and good friendship. We also announce the winners of our Grand Prix series.

YOUR MEMBERSHIP HELPS US PROVIDE

- **Our website www.runmdra.org** provides up to date race information, programs, clubs and all you need to know about the local running scene.
- **Dome Running.** Turns the Metrodome into the place to be twice a week.
- **Good race management throughout Minnesota.** The MDRA provides many important services to Minnesota racing. We publish a magazine for race directors, sponsor training sessions and provide race equipment. And perhaps the most important benefit to us all, a tradition of well run races.
- **Training classes for:** Marathon, 5K/10K and Women's Beginning

If you add it all up, you'll discover that you get well more than \$40 worth of benefits from a \$25 membership fee. A one year sustaining membership includes free entry into all official MDRA sponsored races.

GET SIGNED UP! Just a few quick steps

1 YOUR INFO

Name:

Family Member Names:
For "Family Memberships" only

Address:

City: State: Zip:

Age: Date of Birth: Age:
M or F

Email:

Make checks payable to **MDRA** and mail them to:
MDRA • 5701 Normandale Rd. • Edina, MN 55424 →

2 STATUS

New Member Renewal

3 MEMBERSHIP TYPE

Select only one below

- | | |
|--|---|
| <input type="checkbox"/> Student (under 25)
\$20 | <input type="checkbox"/> 2 YEAR Family
\$75 |
| <input type="checkbox"/> 1 YEAR Individual
\$25 | <input type="checkbox"/> Sustaining
(1 year) \$125 |
| <input type="checkbox"/> 2 YEAR Individual
\$45 | <input type="checkbox"/> Family Sustaining
(1 year) \$150 |
| <input type="checkbox"/> 1 YEAR Family
\$40 | |

4 DONATION

Extra Donation to MDRA \$

5 TOTAL

Total Enclosed \$

FIND US ONLINE: Save a tree and sign up at www.runmdra.org