

## RUNNERS' EDGE TRACK CLUB 2010

### Explanation of fees:

**Runners' Edge Membership Fee \$10:** The club is required to register annually with Athletics Ontario and pay a fee before they can register members. This \$10 helps to cover the fee that Runners' Edge pays.

**Runners' Edge Athlete Account:** You can start this account with \$50 or more to be used to pay for the athlete's race entry fees throughout the year. Unused amounts may be refunded or rolled over for use in the next year. AO races are \$18.00 and up per event entered.

See Athletics Ontario website for information on events.

<http://www.athleticsontario.ca/Content/News%20and%20Events%20Calendar/Events%20Calendar.asp>

**Shoe tag fee \$30:** This is to have access to the rubber track on Louth St. We will determine who needs this later in the spring.

**Athletics Ontario Recreation Fee \$15:** gives you insurance coverage but not able to enter Athletics Ontario races

**Athletics Ontario Competitive Fees, \$85 and up depending on the age group:** this gives you insurance coverage, Athletics Ontario magazine and ability to enter AO races.

### Forms required: Please complete All forms.

RETCH membership form with parental permissions.

Athletics Ontario form.

Power of Attorney form...this is only to give RETCH permission to enter you in AO races.

### Cheques are payable to Runners' Edge.

If you are registered as competitive, Benny at Runners' Edge will provide you with a singlet to race in.

Practices will be from Sir Winston Churchill, Runners' Edge store on Fourth Avenue, Burgoyne Woods or the track on Louth Street, depends on the season.

**Travel to meets:** Parents/athletes are responsible for seeing that their athlete has transportation. It is suggested that parents take turns car pooling, or send your runner with a few dollars to give to the driver. We have found that there are parents that drive regularly, which is appreciated, but they shouldn't bear all the costs of fuel and parking.

Gerry Hinton and Benny Ralston will provide workouts via email providing you are in good attendance at practices.

Phil Steel is our coach from the Hamilton area.

Tammy Pauls looks after communication with parents and athletes.

Barbara Phelan looks after member and race entry registration.