





**P.A.C.**

Princeton A. C. group run sign in sheet \_\_\_\_ of \_\_\_\_ Recorder's name:

Date and time: \_\_\_\_\_ Venue: \_\_\_\_\_

Choose a workout appropriate to your own goals, experience and fitness level.

Group runs are not contests of speed. Roads are not closed to traffic. Personal audio devices prohibited.

**Full information required for NON-members.** Sign waiver on other side.

If this is your **third** group run, please visit [princetonac.org](http://princetonac.org) and become a member.

Current PAC members or already signed waiver this year, just write names.

I am a current PAC member and can be a run **ambassador** (welcome runners 10-15 min. ahead of run, do sign-in, and ... run)

Name	Date/time/location	Name	Date/time/location