

## INTRODUCTION TO DULWICH PARK RUNNERS

You are welcome to run with the club three times in any membership year before deciding to join. We will aim to find a group that suits your pace and time based on your longest run and training run times.



<b>Name</b>	
<b>Address</b>	
<b>Post Code</b>	
<b>Tel No.</b>	
<b>Email</b>	
<b>Emergency contact name</b>	
<b>Emergency contact number</b>	

### So we can match you with a suitable group please tell us:-

Distance longest run	Pace/time
Usual training run	Pace/time

### Please record your three complimentary runs with the club

Date	Running Buddies (name/s club members you ran with)
Date	Running Buddies
Date	Running Buddies