



Dedicated to Runners of All Levels

[www.arlingtontrotters.com](http://www.arlingtontrotters.com)

The Arlington Trotter Running Club was established in 1979 to promote running in Arlington Heights and surrounding areas. The club is dedicated to runners of all levels, ages and abilities and its mission is to support each member in achieving individually selected running goals.

Our membership is about 100 members with a wide age-range and a diversity of running interests, including running and walking for fitness, participation in events locally and around the world.

### Why Join the Arlington Trotters?

- Friendly People
- Training Runs
- Monthly Meetings
- Track Workouts
- Newsletters
- Parties
- Community Outreach

Check out our website for more details

[www.arlingtontrotters.com](http://www.arlingtontrotters.com)

## Arlington Trotters Application Form

Annual membership is \$20 for an individual and \$30 for a family (persons living together at the same address). Make your check payable to Arlington Trotters and return it with a completed application form to:

Arlington Trotters, c/o Ron Lawson, 1602 E. Waverly Ct., Arlington Heights, IL 60004.

Or, you can pay online at our website [www.arlingtontrotters.com](http://www.arlingtontrotters.com). Ron can be contacted at [d3rjl@att.net](mailto:d3rjl@att.net).

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_