Benefits of TriFury membership:

- Selected Race Series participation awards
- Mentor Program for people of all levels
- Regular group training sessions in all 3 disciplines
- All levels, abilities, experience, ages
- Discounts with many vendors and team sponsors
- Supportive club, great people
- Indoor Winter Clinics, Seminars
- Coaching program, including separate weekly sessions for swimming, biking and strength training (extra fee required)
- Training Weekend at Waterville Valley (extra fee required)
- Opportunity to purchase TriFury uniforms and clothing

TriFury also enjoys a unique partnership with the **Merrimack Valley Striders** running club. For an additional fee ($11 individual or family), as an MVS member you'll also enjoy:

- World class, year-round coaching and track program, including Youth program (extra fee required)
- USATF-NE Grand Prix Race Series/Ironrunner Recognition
- Multiple weekly group run options, including Sunday Hosted Runs throughout the year
- Regular all member meetings, clinics and social events
- Unique Boston Marathon racing, volunteer, and transportation opportunities

Meetings:

TriFury Committee Meetings, Social Events, and Clinics are held throughout the year. Check the team website for the next upcoming event (www.trifury.com).

We request that you sign-up or renew your membership using our on-line tool, which makes the processing much faster and SAVES YOU $5. You can find the on-line sign up by going to www.trifury.com, clicking on Membership, and Apply Online!

You will receive more information once your membership is processed. In the meantime, please take a look at both www.trifury.com and www.merrimackvalleystriders.com for more details about the clubs and to start benefiting from your membership right away!

Please mail this completed and signed form and payment to:

MVS/TriFury Memberships
P.O. Box 564
No. Andover, MA 01845-0564

TriFury Membership Application

First Name _____ **Last** _____

Address _____

Town/City _____ **State** _____ **Zip** _____

Telephone #1 _____ **Telephone #2** _____

email _____

Date of Birth _____ **Sex** ____ **USAT# (not req.)** _____

Individual Membership			Family Membership		
TriFury Only	MVS Only	Combined	TriFury Only	MVS Only	Combined
$28.00	$28.00	$43.00	$39.00	$39.00	$53.00

Membership: New _____ **Renewal** _____

For Family Memberships, list family members (spouse and children)

Name _____ **Sex** _____ **DOB** _____

Name _____ **Sex** _____ **DOB** _____

Name _____ **Sex** _____ **DOB** _____

Are you interested in any of the following: Working on Board Committees _____

Volunteering _____ **Other** _____

How do you want us to communicate with you? Email ____ **Paper** _____

Membership Permission and Release

I, the undersigned, do hereby give my consent to participate in the athletic events organized by or for the TriFury Triathlon Club and The Merrimack Valley Striders. I fully understand that swimming, cycling and running are inherently dangerous activities and fully assume the risks associated with such participation including, by way of example, and not limitation, for cycling the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects and dangers arising from surface hazards, including pot holes and for swimming the dangers of drowning, cramping, hypothermia, and exhaustion. I understand that group swims do not have a lifeguard on site and other attendees are not trained nor are they responsible for performing lifesaving techniques. I agree to not swim alone. I assume the risk of any and all personal injuries to myself and others that may occur as the result of my participation in any individual and group instructional, training, sport or exercise activity including, without limitation, activities with instructors, employees, agents, principals, officers, or individual members of TriFury or the Merrimack Valley Striders and the use of theirs or others bicycles and other related training equipment. I agree to take responsibility and precautions to assure that I am at all times wearing or I am otherwise equipped with any and all necessary safety equipment, including but not limited to for cycling a helmet and reflectors, or other visibility devices and properly functioning brakes and for swimming including but not limited to goggles, and a brightly colored swim cap.

I acknowledge that by signing this document, I have assumed risks and agree to indemnify, not to sue and hereby waive, release, discharge and hold harmless the organizer of these group rides, namely, TriFury, the Merrimack Valley Striders, and any of their employees, agents, sponsors, principals, officers, volunteers and individual members or anyone acting on their behalf from any and all liability, claim, demand, action or cause of action, of whatever kind or nature, either in law or equity, arising from or by reason of any bodily injury or mental injury, known or unknown, including death, resulting from my use of any equipment or participation in any individual or group activity provided, supported or sponsored by TriFury and/or the Merrimack Valley Striders at any location or venue.

I expressly agree that every term and provision of this release is intended to be severable, and if any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable. I further state that I am over eighteen years of age and have carefully read the above release and know the contents of the same and sign this release as my own free act.

Date: _____ **Signed**: _____ (if under 18 parent must sign)

Print Name: _____ **Address**: _____

About the Club:

Come join our active, enthusiastic group of amateur triathletes. Whether you've never raced or are an Ironman® Veteran, you will find both training partners and mentors with TriFury.

TriFury welcomes athletes of all abilities and experience levels, from the beginner to the expert. TriFury is a team that believes that individual success and achievement in the sport can be enhanced with camaraderie and team work. Our members vary in their experience from new to racing World Championship qualifiers.

Founded in the fall of 2002, TriFury won the USAT New England Club Championship for Category IV in its first year, and has moved up to win the USAT-NE Division I Club Championship in 2007.

We are affiliated with Merrimack Valley Striders, one of the largest and most active running organizations in New England.

Learn More:

Check out our website for news about the team: **www.trifury.com**

For more information send a message to: **info@trifury.com**

MVS/TriFury Membership
PO Box 564
North Andover MA 01845-0564

Join TriFury

New England's Largest Triathlon Club

- A triathlon team for all race experience levels.
- Men and women of all ages welcome.
- A team that emphasizes camaraderie and mentoring.
- Cross train with the Merrimack Valley Striders — One of New England's largest and most active running clubs.

Thanks to Club Sponsors

The Quad multisport
Outfitting Life's Adventures

Northwestern Mutual
FINANCIAL NETWORK®

OSTS
Orthopedic & Sport Therapy Services
The training, experience & recreation to get you back to your life.