

## Helping to Support Running and Fitness in West-Central Wisconsin

Your membership helps the ITC to support running and fitness through a wide range of community events and resources including:

- Four annual races! With the Spring Fever 6 and 2 in April; Tortoise & Hare 5K in July; Carson Park 5 & 10/Boo-gie Run in October; Frigid 8 and Thermal 3 in December, the ITC encourages year-round fitness with a run/walk for every season!
- Bi-monthly newsletter with informational articles about area runners and races!
- Informational website updated regularly with listings and results of running events throughout West-Central Wisconsin!
- Equipment support (timing, race clocks, cones) provided in a convenient trailer for running/walking events throughout West-Central Wisconsin!
- Volunteer support to numerous area running/walking events!
- Free fitness clinics featuring a wide variety of area experts!
- Annual roadside cleanup!
- Donations to area fitness-related groups and projects including Girls on the Run and trail markers for the Chippewa River Trail!
- Annual summer picnic!
- Annual banquet with motivational speakers and awards for area adult and high-school runners!
- Annual race series that encourages participation in numerous area running events including the RCU Charity Classic, Eau Claire Marathon/Half Marathon, Buckshot Run, and Pure Water Days Races!

## Don't wait, join today!

### ANNUAL MEMBERSHIP

Student (\$10.00)  Single (\$20.00)  Family (\$30.00)  ITC Benefactor \$ \_\_\_\_\_

**Benefits include: \$5.00 discount at all 4 ITC races • Bi-monthly newsletter • Updates on area events**

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

I am interested in helping with:

- ITC Races (e.g. course worker, registration, timing, etc.)  
 Banquet Committee (Jan.)  Children's Running Program  
 Summer Picnic  Membership Committee

Make check payable to: **Indianhead Track Club**

Mail to: **ITC, c/o Susan Rud, W7155 Cedar Rd., Mondovi, WI 54755**



## *Our Mission*

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*The mission of the Indianhead Track Club is to promote running, fitness and healthy life-styles by organizing competitive and non-competitive events, and promoting fellowship and companionship through the sport of running.*

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120 S. Michigan St. • Eau Claire, WI 54703



## *Join the fun!*

*Founded in 1969, the Indianhead Track Club is an all-volunteer, non-profit organization that offers its members a great chance to meet new friends and enjoy the health benefits of running!*



## **INDIANHEAD TRACK CLUB**

[www.indianheadtc.org](http://www.indianheadtc.org)