



2010 MEMBERSHIP APPLICATION

Register online at www.riverbendstriders.com

All area runners and walkers are welcome and encouraged to join the Riverbend Striders. The purpose of this organization is to promote health & fitness through running and walking. The Riverbend Striders serve the running/walking community by providing a year-round schedule of events, either through club managed races or by providing assistance to area race directors for non-club managed events. Our goal is to provide information, competitive events and camaraderie for those in our community who are fitness-minded and enjoy the physical and psychological benefits of exercise through running or walking.

Riverbend Strider members enjoy several benefits:

- ◆ Discounts of \$1.00 on early registration for at least ten club managed races held throughout the year. A sample of these races are as follows:

1-16-10 Snowflake Run & Walk	6-3-10 Swartz Creek 5K Challenge
2-13-10 Sweetheart 10K Run, 5K Run/Walk & Team Competition	6-9-10 Flushing Evening 5K Race
3-13-10 Shillelagh Four Mile Run & Walk	6-24-10 YMCA "Re-Tread"
3-27-10 Flushing Half Marathon & 5K Run/Walk	8-5-10 Great Pizza Challenge
4-17-10 Tax Trot	8-12-10 Bauman's Charity 5K

- ◆ A 10% discount on regular priced items at Bauman's Running & Walking Shop in Flint
- ◆ Training runs/walks on Wednesday evenings at the Downtown Flint YMCA, with the use of lockers and showers
- ◆ Membership in the Road Runners Club of America
- ◆ E-Newsletters, race applications, race results, area running information, and special announcements
- ◆ Club social gatherings
- ◆ Volunteering opportunities for at least one race during the 2010 racing year.

To become a member of the Riverbend Striders, please fill out the form below, include the annual membership fee of \$15.00 for an individual or \$25.00 per family, and send to:

Riverbend Striders, P.O. Box 233, Flushing, MI 48433

Please note, renewal members will keep the same membership number from 2009. New members will receive an email from the Striders that will include their membership number to be used for discounts on early registration for eligible races, YMCA training runs and discounts at Bauman's. All 2010 membership will expire on January 31, 2011.

All correspondence will be conducted via email so please provide your email address.

2010 RIVERBEND STRIDER MEMBERSHIP APPLICATION

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Gender:

Male

Female

Birthdate

____/____/____

New Member

Renewal - 2009 Member ID: _____

Membership Type:

Price:

Individual

\$15.00

Family

\$25.00

Student

\$10.00

Please make checks payable to:

RIVERBEND STRIDERS

Mail application and check to:

Riverbend Striders,

P.O. Box 233, Flushing, MI 48433

ADDITIONAL NAMES

Name _____ Birthdate _____

M F

Gender

_____ Email Address

Name _____ Birthdate _____

M F

Gender

_____ Email Address