

The Elk County Striders is a running club based in Elk County in Northwest-Central PA. While most of our members are local, we also have members in OH, NY, NC, VA & TX. The club's primary mailing address is:

Elk County Striders  
504 Mercer Street  
Ridgway, PA 15853

Founded in 1983 the club is dedicated to promoting the healthful aspects of running, jogging, and walking. Regular aerobic exercise has been proven to be of tremendous value to both physical and mental well being. It results in weight reduction, lower blood pressure and pulse rate, stress reduction and increased self-esteem.

"The Striders" club is seeking new members who are interested in this great form of exercise.

**MEMBERSHIP BENEFITS:**

1. A monthly newsletter\* containing club news; races; race applications; race results; articles on motivation, training, nutrition, etc; running humor; and much more.
2. Our website.\*
3. All materials and equipment needed to put on a race.
4. Database of area runners.
5. New Year's Day Run & Feast
6. Family Picnic
7. Christmas Party
8. Club Discounts.\*
9. Membership card\*
10. Strider T-shirt

\*See additional information elsewhere in this brochure.

**NEWSLETTER:**

If you would like a sample newsletter, send your name and address to:

Elk County Striders  
504 Mercer St.  
Ridgway, PA 15853

or email [bczappa504@comcast.net](mailto:bczappa504@comcast.net)

**WEBSITE:**

We invite you to check us out on the Web. Type "Elk County Striders" into a search engine and we'll be first up, or use our address: [www.elkcountystriders.com](http://www.elkcountystriders.com) on our site you will find the following:

- History of the club
- Purpose of the club
- Benefits of membership
- Constitution
- Membership Application
- Officers
- Running Log
- Pace Calculator
- Race Schedule
- Race Results
- Running News
- Pictures from recent events
- Links to other running sites

**CLUB DISCOUNTS:**

1. 10% off all merchandise at Rapid Transit Sports, 115 S. Allen St., State College, PA 16801, (814) 238-3831
2. 5% off running shoes and all apparel at Dave's Pro Shop, 83 Erie Ave., St. Marys, PA 15857, (814) 834-6116, [dproshop@alltel.net](mailto:dproshop@alltel.net), [www.davesproshop.com](http://www.davesproshop.com)
3. When purchasing sporting goods or apparel at other stores, present your Strider membership card. The store may give discounts to members of any running club.

**WORDS THAT INSPIRE:**

"In facing life, no one knows exactly what is going to happen, what is going to be needed, where the search for the Grail will lead. The best we can do is be prepared. Running makes you an athlete in all areas—trained in basics, ready for whatever comes, ready to live each day, fill each hour, and deal with the decisive moment."

- Dr. George Sheehan, runner, writer, philosopher

**MEMBERSHIP APPLICATION:**

Annual Dues:

- Individual, \$12
- Family, \$18
- Student, \$6

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

(optional)

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

(optional)

Membership year is July 1 through June 30. Please calculate your membership cost for the months between now and June 30. Use the following:

- Individual, \$1 per month
- Family, \$1.50 per month
- Student, \$.50 per month

Example: Individual dues for November through June would be 8 months times \$1 or \$8. Add full year dues amounts for additional years, if desired.

Select membership type and amount submitted.

\_\_\_\_\_ Individual, \$\_\_\_\_\_ Family members:

\_\_\_\_\_ Family, \$\_\_\_\_\_ \_\_\_\_\_

\_\_\_\_\_ Student, \$\_\_\_\_\_ \_\_\_\_\_

Detach this application and send with your check payable to:

Elk County Striders  
311 George Street  
St. Marys, PA 15857

If you are joining the Striders for the first time, write the size needed for your free T-shirt in the space below. Sizes are: YM, M, L and XL.

Free T-shirt \_\_\_\_\_