

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, FL, LA, TX, & CO. The club's primary mailing address is:

Elk County Striders
504 Mercer St.
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. Our Facebook page.*
4. All materials and equipment needed to put on a race.
5. Database of area runners & walkers..
6. New Year's Day Almost Naked Run & Clarion River Polar Bear Dunk
7. Family Summer Picnic
8. Family Christmas Party
9. Club Discounts.*
10. Membership card*
11. Strider T-shirt*

*See additional information elsewhere in this brochure.

NEWSLETTER:

If you would like a sample newsletter, send your name and address to the address above or send your name and address via email to bczappa504@comcast.net.

WEBSITE:

We invite you to check us out on the Web at www.elkcountystriders.com. On our site you will find the following:

History of the club
Membership Application
Race Schedule
Race Results
Triple Crown Standings
Pictures from recent events
Links to other running sites
Feedback page

FACEBOOK PAGE:

Our Facebook page is a closed group page for members only. It is our daily interaction with club members.

CLUB DISCOUNTS:

1. 5% off running shoes and all apparel at Dave's Pro Shop, 83 Erie Ave., St. Marys, PA 15857, (814) 834-6116, sales@davesproshop.com, www.davesproshop.com
2. 10% off all merchandise at Rapid Transit Sports, 115 S. Allen St., State College, PA 16801, (814) 238-3831, sales@statecollege.com, www.shoprapidtransit.com
3. When purchasing sporting goods or apparel at other stores, present your Strider membership card and ask for a discount.

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

TO JOIN THE STRIDERS:

Go to www.elkcountystriders.com and join online, or use the application at right.

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
135 Dove Rd.
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: S, M, L, and XL.

Free T-shirt _____