

## Join the Striders! Running since 1978

(Print, complete, and mail with \$\$\$!)

Annual family membership costs only \$20.00 and includes:

- Discount on Strider race entry fees
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/Sponsor 5 Local Races during the Year
- The Club Donates \$\$\$ to Help the Local Community
- 10% Discount at the Running Hub
- Personal Training Plans from the experts at the Running Hub
- 20% Discount at the Santa Fe Baking Company
- 10% Discount on Membership to NM Sport & Fitness
- 20% Discount on Membership at Work-n-Spine Fitness
- 10% Discount at Banyas Spa

WAIVER: I agree that I am a member of Santa Fe Striders and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road [insert any specific risks related to your here, e.g. "the alligators who bask in the sun at the corner of 4th and Sunset St..."], all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Santa Fe Striders, the city of Santa Fe, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

### 2014 This waiver needs to be signed each year!!! 2014

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Signature \_\_\_\_\_ Date \_\_\_\_\_ Renewal \_\_\_\_ New Member \_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_ Female/Male \_\_\_\_\_ Birthday \_\_\_\_\_  
 if <18 years old

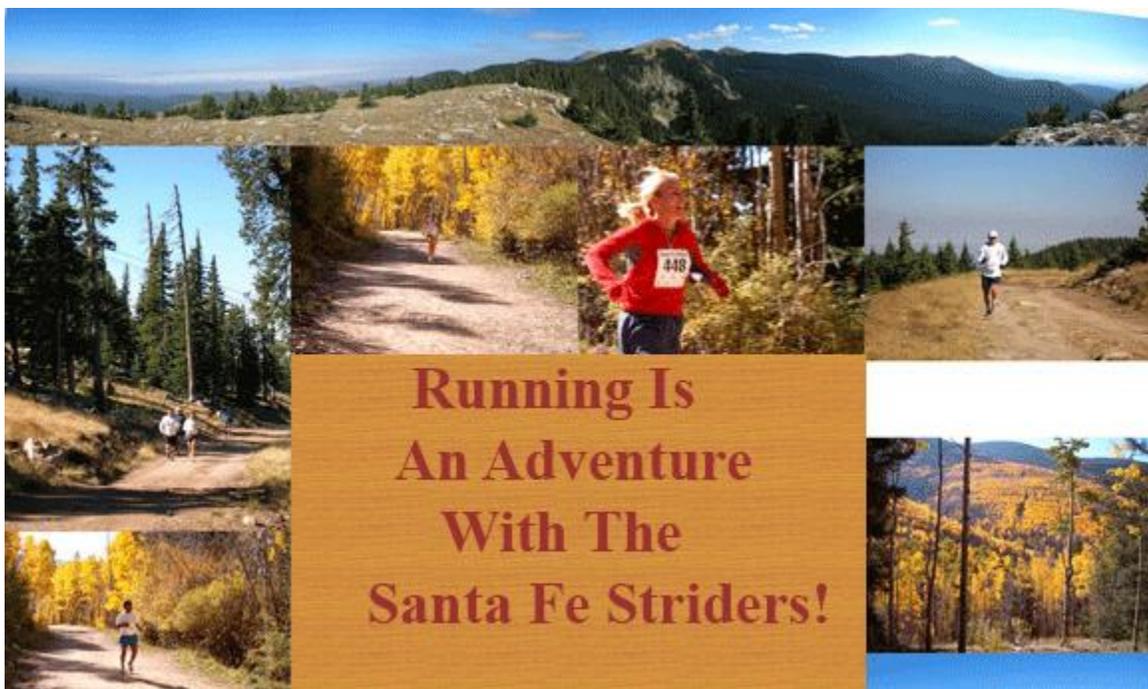
Name \_\_\_\_\_ Email \_\_\_\_\_ Send Workout Emails Yes No

Address \_\_\_\_\_ Telephone \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ **FOR RENEWAL – PLEASE HIGHLIGHT ANY NEW INFORMATION**

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\$20.00 annual membership fees (family/couples is also only \$20 but everyone needs to sign the waiver). Annual fees are due in January of each year; membership runs through the end of December. Make checks payable to Santa Fe Striders; mail to PO Box 1818, Santa Fe, NM 87504.



### ***Who are the Striders?***

We are an **all-inclusive** running club, founded in 1978. Among our members are teenagers and 75+ year-olds. We have a wide range of ability and fitness (yes, really!). Some of us are fast, many of us are not. All of us enjoy running! We welcome everyone!

### ***What do we do?***

The Striders have weekly running events, yearly social events and organize and sponsor several races every year. Our races support a number of local non-profits including Girls on the Run, Salvation Army, and Wings of America Native American running program.

### ***Weekly runs:***

- Tuesday evening track workouts, 5:45 – 7:00 pm at Santa Fe High track (April - October)
- Tuesday evening workouts, 6:00 – 7:00 pm at the Running Hub (October - April)
- Thursday evening road runs, 6:00 pm at the Running Hub, year-round
- Saturday Morning Runs – Rail Trail; oriented for half/full marathon
- Sunday morning runs, various places and times, often on trails; updated by email or website

### ***Social Events:***

- Members meeting and social, 2<sup>nd</sup> Tuesday of every other month
- Spring Picnic, April
- Strider BBQ, June
- Holiday Party, December

### ***Races:***

- Snow Shoe Classic, January 4, 2014, 3.8 mile
- La Corrida de Los Locos, February 1, 2014, ~5 mile
- Santa Fe Run Around, May 17, 2014, 5k, 10K and kids 1K
- Big Tesuque Trail Run, October 4, 2014, 11.6 mile mountain run
- Fowl Day Run, November 22, 2014 5k cross country fun run / Holiday food drive

**For more information and instructions on signing up for the Striders email list-serve, visit us at [www.santafestridders.org](http://www.santafestridders.org).**

**Questions? Contact Jim Owens at [Owens\\_Jim@msn.com](mailto:Owens_Jim@msn.com), 505-231-6166**