

HOUSTON STRIDERS, INC.

Member of Road Runners Club of America/HARRA

WHO ARE THE HOUSTON STRIDERS?

Houston Striders, Inc. is a non-profit, Houston-Metropolitan area running club organized to support the fitness and training goals of runners and walkers at all levels, while providing resources, education, networking and fellowship through a variety of programs, events and volunteer opportunities.

Our club is made up of runners, joggers, walkers, and volunteers of all ages and from all walks of life. The club provides information to support both new and experienced runners in their fitness and training. The Houston Striders is a member of the Road Runners Club of America (RRCA) and the Houston Area Road Runners Association (HARRA) and works with other Houston clubs to improve Houston's running environment for the benefit of all runners. The Houston Striders manage a Half Marathon race as part of the Houston Marathon Warm-Up Series in the fall, and many members are active participants (as runners or volunteers) in local races.

HOUSTON STRIDER MEMBERSHIP BENEFITS

- \$15 discount on up to 4 races per year as voted on by the club membership
- Strider Marathon Training (SMART) and Half Marathon Training (SMART Lite), our own free in-house marathon training programs
- A built-in opportunity to train with over 300 new training partners - all paces welcome
- Club meetings alternating formal speaker and business meetings with informal social meetings
- Additional leisure and recreational activities including a formal holiday party
- A monthly e-copy of Stridelines, our club newsletter full of club news, member profiles, race reviews and calendars
- A Houston Striders T-shirt for new members
- Discounts at various local sports and health stores
- Houston Striders merchandise (running singlets, etc.) for purchase
- Opportunities to contribute to Houston's running community and to the running of the club
- More details at <http://www.HoustonStriders.org>

Membership Action: (Check One) New Renewal Change of Address or Other Info – Enter changes only below

Membership Fee (1 Year): (Check One) Individual \$20 Household \$30 News Only \$0

You will download Stridelines unless you check the box to receive it by mail. Mail (\$15 for 18 months)

Total: _____ Cash Check # _____ Make checks payable to: HOUSTON STRIDERS, INC., PO Box 721405, Houston TX 77272-1405

Are you a member of HARRA? (Circle One) Y N HARRA # _____ Houston Striders, Inc. is a HARRA-affiliated club.

NAME: Last _____ First _____ MI _____ Jr, Sr _____

ADDRESS: Street _____ City, State _____ Zip code _____

Gender Male Female Date of Birth _____ T-Shirt Size Small Medium Large X-Large

Phone No _____ Phone Type Home Work Cell Other

E-mail Address _____ Emergency Contact Name _____ Emergency Contact Phone _____

HOUSEHOLD MEMBERSHIP INFORMATION

Name (additional family members)	Sex	Date of Birth	HARRA #	T-Shirt Size	Email
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Houston Striders, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE IF UNDER 18 YEARS OLD _____ DATE _____