

Membership Application
 Tidewater Striders Running Club
 1585 Lake James Dr.
 Virginia Beach, VA 23464
*Our 43rd year of
 Running Hampton Roads*



Save Time & Paper & \$\$\$\$
Sign Up Online @
TidewaterStriders.com

Questions or Changes
Call / Email 757 270-0285
bobbrunner7@gmail.com

Name: (First, Middle, Last) _____

Address (Include Apt. #) _____

City _____ State _____ Zip _____ *Mobil Phone Number (____) _____

*Email Address (please print carefully) _____
 (*required for sending newsletter & other club/race updates)

Birth Date (mm dd yyyy) _____ Gender: M or F Primary Interest: ___ Running ___ Walking ___
 ___ **New** <<<< **check one** >>>> **Renewal** ___ Multi-Sport ___ Youth ___

For 2-Person or Family Membership, please complete for additional members:

<u>Name (first, middle, last)</u>	<u>Birth Date(s)</u>	<u>Gender</u> (circle one)	<u>Email (print)</u>
_____	_____	M or F _____	_____
_____	_____	M or F _____ (circle one)	_____
_____	_____	M or F _____	_____

(include additional family members on an attached sheet of paper)

_____ M or F _____

	<u>1-Year</u>	<u>2-Year</u>	<<<<< Check your option
Regular Individual	_____ \$20	_____ \$30	Amount Enclosed:
Youth (Age 22 & Under)	_____ \$12	_____ \$18	Dues: \$ _____
2-Person Family—Same Address	_____ \$25	_____ \$40	Tax Deductible _____
3 + Family—Same Address	_____ \$30	_____ \$50	Donation \$ _____
Golden Runner (any age/includes Entry into club-owned races)	_____ \$100	Not Available	___ Scholarship ___ Youth _____

Total \$ _____

Checks Payable to
Tidewater Striders

OPTIONAL: I would like to participate in the following club year-long Grand Prix competitions: Running _____
 Race-Walking _____ Multi-Sports _____ Youth _____ Details at www.tidewaterstriders.com

Note: Club is a 501c3 nonprofit; donations, not dues, may be deductible

I know that running and volunteering to work in club races and other events is potentially hazardous. I should not enter & run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete any race or event. I assume all risks associated with running or volunteering to help with races, including but not limited to, falls, contact with other participants, the effects of weather, including heat and/or humidity, the conditions of the road or trails and traffic on the course, all such risks being known & 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 Tidewater Striders, the RRCA and their sponsors, their representatives and the successors from all claims or liabilities of any kind arising out of my participation in club activities even though liability may arise out of negligence or carelessness on the part of those named in this waiver.

COMMUNICATIONS NOTIFICATION: For details please use this link or cut & paste to browser: <http://www.tidewaterstriders.com/protocol.html>

Signature/Date _____
 (Parent or guardian for all youth memberships < 18)



Apply online or mail check & application to:
 Tidewater Striders Membership
 1585 Lake James Dr. **NOTE: CURRENT EMAIL ADDRESS REQUIRED TO RECEIVE NEWSLETTER**
 Virginia Beach, VA 23464-6750

Send address or email changes to
bobbrunner7@gmail.com
Questions ???? Call 757 270-0285