

Sunflower Striders Membership Application

Today's Date: _____

- ☐ New ☐ Individual (\$20/yr) ☐ Student (Free)
☐ Renewal ☐ Family (\$25/yr)

Name: _____ Birth date: _____

☐ Male ☐ Female Shirt size: XS S M L XL 2XL

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ E-mail: _____

Family Membership Names and Birthdays:

_____ Birthday: _____
_____ Birthday: _____
_____ Birthday: _____
_____ Birthday: _____
_____ Birthday: _____

Benefits and Mission of the Striders

- Encourage a healthy lifestyle through running in a group setting
- Provide advice and guidance to individuals of all levels and experience
- Collaborate with other groups and community members
- Discounts at Garry Gribbles in Topeka and Strider related events
- Strider Apparel to promote camaraderie and team spirit

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 safely completing the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effect of the weather, including high heat and/or humidity, the conditions 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 Sunflower Striders Running Club and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures or any other recording of these events for any legitimate purpose.

Signature(s): _____

Please make checks payable to SSRC and mail to:
Sunflower Striders Running Club
PO Box 67054
Topeka, KS 66667