



**2015**

**Suncoast Striders Walking & Running Club  
2,000 Mile / 1,000 Mile / 500 Mile Club Registration**

Mile Club is open to current Suncoast Striders members only.

<http://www.SuncoastStriders.com>

**Registration Fee:** \_\_\_ \$15 per person cash or check payable to Suncoast Striders

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email Address \_\_\_\_\_

Short Sleeve Tech Shirt Size: \_\_\_ Men's Small \_\_\_ Men's Medium \_\_\_ Men's Large \_\_\_ Men's XL  
\_\_\_ Women's Small \_\_\_ Women's Medium \_\_\_ Women's Large \_\_\_ Women's XL

**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. These risks may include, but are not limited to, falls, contacts with other participants, the effects 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 Road Runners Club of America, the Suncoast Striders and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

**Check payable to: Suncoast Striders**  
4301 32<sup>nd</sup> St W, # C-19  
Bradenton, FL 34205

\_\_\_\_\_  
**Signature** – Parent's signature (if under 18)

**→ HOW IT WORKS:**

- All walking and running miles count.
- Participants must submit monthly mileage to [coach@suncoaststriders.com](mailto:coach@suncoaststriders.com) by no later than the 3<sup>rd</sup> of the month following the completed month in order to be recorded (example: the month of January's mileage total must be received by February 3). If you forget to submit your miles by the 3<sup>rd</sup> of the month then hold them until the following month. Only accepting mileage emails on the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> of each month.
- Updated mileage will be posted on <http://www.SuncoastStriders.com> **once** per month after close of business on the 3<sup>rd</sup> of the month.
- This program is open to walkers and runners of all abilities and is designed to encourage our members to be more consistent with their training. Program runs January 1 to December 31. It is based on the honor system when reporting miles.
- Mile club shirts will be ordered at the completion of the program. Final mileage must be received by January 3, 2016.

Check <http://www.SuncoastStriders.com> for group run/walk times and days, area race calendar, race results, club newsletters, and more.