

Shenipsit Striders

A club for runners & walkers

The Strider Story

The Shenipsit Striders running/walking club began in 1975 by a small group of friends wanting to get together for weekly runs. Many of the founders are still in the club. The Shenipsit Striders is a member of the Road Runners Club of America.

Striders meet every Saturday morning in the Shenipsit State Forest. No matter what the weather, members gather at 7:45am to socialize and begin their workout at 8:00am. The meeting place is the Soapstone Mountain parking lot on Gulf Rd in Somers, CT.

Club meetings are held monthly (except for July and August) and are open to all current members.

The Striders put on two trail running events, the Soapstone Mountain Trail Races in May and the Soapstone Assault in July. In addition to fitness, club members enjoy an annual Christmas party, a winter moonlight run and a 50% discount on club races.

Annual dues are \$10 and cover all family members living with you.

Each member (or parent or guardian of member under 18) must sign below indicating agreement with the statement that follows:

Please return completed application with check for **\$10** payable to Shenipsit Striders to:

Shenipsit Striders
c/o Deb Livingston
59 Maple Valley Drive
Bolton, CT 06043

Membership Application (please print)

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

I understand there is danger associated with athletic activities such as running and even walking. I therefore waive and release any and all claims I may have against the Shenipsit Striders, its officers, and any other participant for any injury, illness, or property loss which might occur while participating in any event sponsored by the club.

Signed: _____

Additional family members (please print & sign):

2. _____

3. _____

4. _____

5. _____

The success of the club depends on volunteers. Please indicate, by circling, if you or your family member(s) are willing to help in any of these areas:

Club Officer

Races

Trail/race venue maintenance