



**Who We Are...**

The Capital Striders was formed in the mid-1980s to promote fitness through running. Running has changed over the last 20+ years, but the Striders have always been there for the beginning runner, the elite runner, and everyone in between. Our membership of more than 700 represents a wide demographic background from all over Central Iowa.

Our main purpose is to, "Promote and encourage running through the education of the community on the benefits of physical fitness and amateur sport."

Incorporated in 2003, Capital Striders is a non-profit organization with tax-exempt status (501(c)(3)) through our national affiliation with the Road Running Club of America.

**Types of Membership**

Capital Striders offers three levels of membership: Individual, Family, Sustaining

Annual membership is a bargain! Individual memberships are \$20 per person and family memberships are \$25 for immediate members of a family unit. New members (individual or family) who join after July 1 are \$15 and \$20, respectively.

Sustaining memberships support the work of your club even more. The extra donation is tax deductible and helps the Striders sponsor and fund races, contribute to charities, conduct group and training runs, and award running scholarships. Often employers will match your gift. Please consider a sustaining membership donation. THANKS!

[www.CapitalStriders.org](http://www.CapitalStriders.org)

**Annual Events**

**Capital Strider Races**

- Loop the Lake
- Capital Pursuit

**Group Runs/Training Runs**

- Winter/Spring Training Run      January - May
- Beginning Runners Group Run      April - October
- Summer/Fall Training Run          June - October

**Social Events**

- New Year's Day Run/Potluck
- Annual Meeting/Dinner
- Summer Picnic

**Education Events**

- Race Directors Conference

**Capital Striders Membership Application**  
**Sign-up online at [www.CapitalStriders.org](http://www.CapitalStriders.org)**

**Membership Year: January 1 – December 31**

- Individual – \$20**  
(\$15 after July 1 – NEW membership only)
- \*Family – \$25**  
(\$20 after July 1 – NEW membership only)
- Sustaining**  
Indicate amount of donation (minimum \$25)
- TOTAL ENCLOSED**

Make checks payable to: Capital Striders  
P.O. Box 31069  
Des Moines, IA 50310

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthdate \_\_\_\_\_  M  F

Address \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

City \_\_\_\_\_ Email \_\_\_\_\_

Phone # \_\_\_\_\_  M  F

\*Family Member Name \_\_\_\_\_ Birthdate \_\_\_\_\_  M  F

\*Family Member Name \_\_\_\_\_ Birthdate \_\_\_\_\_  M  F

\*Family Member Name \_\_\_\_\_ Birthdate \_\_\_\_\_  M  F

Signature \_\_\_\_\_

Parent's signature (if under 18 years) \_\_\_\_\_

By completing and returning this membership form I agree and represent that I understand that participating in club races and activities is potentially hazardous. I will not enter club activities unless I am physically able and properly trained and agree to abide by any race officials decision relative to my ability to safely compete in an event. I assume all risks associated with running and volunteering in club sponsored events including, but not limited to falls, contact with other participants or bystanders, the effects of inclement and severe weather as well as road and course conditions. In consideration of my acceptance for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Capital Striders Running Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities. I have read this waiver and understand the content.