

# Shuswap Lady Striders

## Membership Form – For Year \_\_\_\_\_

*Please write in year*

**Please Complete In Full** (please print)

Last Name

First Name

Home Phone #:

Cell Phone #:

E-Mail Address:

Mailing Address

Emergency Contact:

Name

Phone(s)

### **Please Check Areas of Interest**

**If you are a new member:** Once your membership form, waiver and annual dues have been received, you will be sent an e-mail from our Club Coordinator. This e-mail will outline the features of the Strider Website and provide you with your individual password. **Once you have logged into the website, click on “Members Only” on the top right. Then click on “Member Profile”. You will see a summary of our activities with a box beside each. Click on the box beside the activities that interest you.** By doing so you will be ensured to receive e-mails specific to those activities. If you leave a box blank, you will always be able to view information on activities by going to the “Calendar”, which is also found under “Member Profile”.

**If you are a renewing member:** This is a great time to review your Member Profile to ensure all your information is up-to-date. See above as to how to see your profile on the website and indicate activities of interest.

A Phone List is available to current Members on the Striders website. Unless you indicate otherwise, your name and phone number will be included on this list.

Check here [  ] to **remove** your phone number from the Members Phone List.

Signature

Date

Please complete this form and mail it together with a signed copy of the Waiver and a cheque in the amount of \$15.00 for the annual membership fee.

Cheques made payable to: Shuswap Lady Striders

Mail To: Ms. Gail Clayton  
4641 – 56<sup>th</sup> Street NW  
Salmon Arm, BC V1E 0B2

If you would like to have a membership card mailed to you, please include a self-addressed, stamped envelope. With this card you can take advantage of discounts offered to Striders by some local businesses.