

Shuswap Lady Striders
Membership Form – For Year _____
Please write in year

Please Complete In Full (please print)

Last Name	First Name
<hr/>	<hr/>
Home Phone #:	Cell Phone #:
<hr/>	<hr/>
E-Mail Address:	
<hr/>	
Mailing Address	
<hr/>	
Emergency Contact:	
<hr/>	
Name	Phone(s)
<hr/>	<hr/>

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.

Signature	Date
<hr/>	<hr/>

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 – 56th 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.