

Shuswap Lady Striders

Membership Form – For Year _____

Please write in year

New Member _____ or Returning Member _____ (Check One Only)

Complete In Full (please print)

Last Name:

First Name:

Home Phone #:

Cell Phone #:

E-Mail Address:

Street Address:

City:

Province:

Postal

Code:

Emergency Contact

Name:

Phone(s):

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:

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 each activity that interests you.** You will now 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 “Members Only”. **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.

Please complete this form, sign it 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. The Membership form and Waiver form must be completed in full each year.

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.

Cheques made payable to: Shuswap Lady Striders

Mail To: Ms. Gail Clayton
4641 – 56 St NW
Salmon Arm, B.C.
V1E 0B2