

ALLEY POND STRIDERS



MEMBERSHIP APPLICATION 2020

Larry Lutzak
President

Arthur Fettner
Vice President

Mike Weisbord
Vice President

Laughlin Whalen
Treasurer

Diane Haber
Recording
Secretary

Nella Carravetta
Social
Secretary

Dorothy Chusid
Walkers'
Representative

Helen Pasqual
Rob Pasqual
Runners'
Representatives

Fran Kraus-
Schmidt
Corresponding
Secretary

Lynn Henry
Membership
Chair
(516) 437-8715
Or by e-mail:
lynnahenry@yahoo.com

A COMMUNITY CLUB OF RUNNERS AND WALKERS CELEBRATING 40 YEARS (EST. 1980)

The Alley Pond Striders, Inc. is a community-based club consisting of runners, joggers and walkers. We meet Saturday and Sunday mornings (smaller groups also meet weekdays) at 8:30 am (starting Memorial Day weekend) and 9:00 am (in the fall) at the Alley Pond Park Field House located on Winchester Boulevard north of Union Turnpike. At this time we head out for runs and walks of various distances and paces, depending on the desires of those present. We also enjoy a Refreshment Day and brief membership meeting on the THIRD Saturday of each month following our runs and walks. Club meetings are held in the Alley Pond Park Field House.

The Striders host and participate in such events as:

- The Alley Pond Five Mile Challenge Race
- Annual Club Picnic
- Alley Bowl Club Fun Run and other Races
- City Stride Club Walk
- Ocean-to Sound 50-Mile Relay
- Highlight Walks and Runs outside of the Park
- Year-end Club Dinner Dance and Awards

All members receive *The Strider*, our electronic newsletter which features articles and information of interest to the membership and a Calendar of Events.

All NEW members are given a Club tee-shirt.

The Alley Pond Striders welcome all runners, joggers and walkers to join our amiable and enthusiastic group.

ALLEY POND STRIDERS, INC.
P.O. BOX 298
BELLEROSE, NEW YORK 11426-0298

Web Address: www.alleypondstriders.com



Alley Pond Striders Membership Application

Please complete the following
and mail to:
Alley Pond Striders
P.O. Box 298
Bellerose, NY 11426-0298

PLEASE PRINT

Date: ____ / ____ / ____

Last Name: _____

First Name: _____

Date of Birth: ____ / ____ / ____

Sex: MALE FEMALE

Address: _____

Town: _____

State: _____ Zip: _____

Cell Phone: _____

Home Phone: _____

E-mail: _____

Shirt Size: S M L XL

Membership: NEW RENEWAL

SIGNATURE

Membership fees: \$20 per Individual and \$30 per Family. Membership expires December 31 each year and is renewable the following January.

Make checks payable to:
Alley Pond Striders, Inc.