

ALLEY POND STRIDERS



MEMBERSHIP APPLICATION

Debbie Pesa
President

John Kwasnik
Vice President

Laughlin Whalen
Treasurer

Ken Kaiser
Recording
Secretary

Ronit Guriel
Corresponding
Secretary

Alan Bouknight
Social
Secretary

George Schafer
Walkers'
Representative

Joe Gambino
Runners'
Representative

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

**A COMMUNITY CLUB OF RUNNERS
AND WALKERS
CELEBRATING OVER 25 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 Refreshment Day on the THIRD weekend of each month (Saturdays and occasional Sundays) following our runs and walks. Club meetings are held the FIRST Thursday of each month at 8:00 pm at 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
- Cross-Country Race and Club Fun Runs
- 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 monthly 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.apstriders.org



**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: _____

Phone: (_____) _____ - _____

E-mail: _____

Shirt Size: S M L XL

Membership: NEW RENEWAL

Newsletter: Electronic US Mail

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.