



The Foothills Striders Club is a local, non-profit organization, which promotes recreation and healthy lifestyles. The club organizes various activities for its membership including bike rides, hikes, runs, walks, and picnics. The club is dedicated to promoting the healthy enjoyment of the natural recreational resources of East Tennessee.

Membership Benefits Include: Regular group bike rides, hikes and runs/walks posted on our members-only Facebook pages. Members can participate in various club challenges, such as hiking at least 150 miles, running and walking at least 600 miles, and/or bike riding at least 800 miles. Plus, invitations to social activities, and discounts to local races, such as the "Trot for Education."

Community Involvement: The club has given over \$100,000 to our local community, including the Great Smoky Mountains National Park, and over \$100,000 in college scholarships. The club uses proceeds from the "Tour de Blount" to fund two \$3,000 scholarships each year to Blount County high school students. The "Tour de Blount" is a bike riding event sponsored by the club every May. Many of our members regularly volunteer at community events.

To register to become or stay a member of the Foothills Striders, members are encouraged to use RunSignup at <https://runsignup.com/Club/TN/Maryville/TheFoothillStriders>. This is a secure site. Otherwise, mail this form to the **Foothills Striders Membership Coordinator, 1120 Elsborn Ridge Rd, Maryville, TN 37801.**

Name: _____ Email Address: _____

Date of Birth: _____ Gender: _____ Phone: _____

Address/City/State/Zip Code: _____

Family Members' Information: _____

Annual Membership: ___ Individual (\$15) ___ Family (\$20) **Check made out to Foothills Striders.**

Primary Interests: Bike Riding Hiking Running Volunteering Leadership Position

I agree that I am a member of this club, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that skateboards, baby joggers, roller skates or roller blades, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release this club, RunSignup, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Member Signature: _____ Date: _____