



**A Running and Cycling Club  
Kent County, Delaware**

The Downstate Delaware Striders & Riders is a group of men and women who enjoy running and cycling. The Club includes runners and cyclists of all abilities, ranging from those who pursue running and cycling purely for enjoyment, to those athletes who compete seriously in area rides, road races, biathlons and triathlons. Membership is open to anyone with a recreational or competitive interest in running or cycling.

**What you get:**

1. Runners receive automatic membership in the Road Runners Club of America (RRCA), which includes insurance coverage at all races and an annual subscription to the RRCA magazine Footnotes.
2. Cyclists will receive insurance coverage through the League of American Bicyclists (LAB).
3. Meet others in the community who enjoy running and cycling.
4. Ability to cross-train or partner with other athletes for biathlons or triathlons.
5. Improve your overall fitness and running or cycling performance by working with others to achieve your personal fitness goals.
6. Support the running & cycling community by volunteering at local events.
7. Car pool with members to regional races and rides.
8. Keep up-to-date with club and area events with the Downstate Delaware Striders & Riders monthly newsletter.

**CLUB ACTIVITIES**

- ◆ The Club sponsors the Great Wyoming Buffalo Stampede 5K/10K Run, the largest event of its kind in southern Delaware.
- ◆ The Club supports the running community by providing volunteer support for local events including the Greg Shouldis 5K, Old Dover Days 5K, Stockley Stride 5K, and the Governor's Fall Festival 5K. Club members provide a wide range of services at these events including race timing, finish line services, and water stop support.
- ◆ The Club provides weekly training rides for all levels and abilities. Rides are scheduled in the monthly newsletter.
- ◆ The Club holds meetings on the second Wednesday of each month. Meetings often include speakers on topics of interest to runners and cyclists.
- ◆ The Club sponsors non-competitive runs for all levels and abilities every Saturday morning. For more information, contact Ray or Roxanne at 674-3213 or e-mail ray@trisportsevents.com.
- ◆ Cyclist activities/events will be expanded as enrollment in the club grows. To make suggestions, contact Kim at 697-7170.
- ◆ The Club supports both regional and national charities that benefit the local community and contributes a portion of the Buffalo Stampede proceeds to a local charity. In addition, contributions are made to Adopt-A-Family, Mom's Coat Closet, and various other charities. The Club sponsors a team in the annual Relay for Life event that benefits the American Cancer Society.

**CLUB DUES**

Downstate Delaware Striders & Riders pay annual dues at the beginning of the calendar year to support Club functions. Membership dues are \$15.00 per year. Dues are used to fund club projects, newsletters and insurance.



**Downstate Delaware Striders & Riders**  
**P.O. Box 1379**  
**Dover, DE 19903-1379**



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ e-mail address \_\_\_\_\_

- \$15.00 Dues Enclosed      For insurance purposes, check only one:     Runner     Cyclist
- \$10.00 for Renewal

*Make checks payable to Downstate Delaware Striders & Riders, and mail to address above.*