



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

**WWW.DDSR.ORG**

The Downstate Delaware Striders & Riders is a group of men and women who enjoy running and bicycling. 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 online 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. Keep up-to-date with club and area events with the Downstate Delaware Striders & Riders on our web site.

**CLUB ACTIVITIES**

- ◆ The Club sponsors the Great Wyoming Buffalo Stampede 5K and 10K Run, the largest event of its kind in southern Delaware. It also sponsors the Delaware Leap Frog Bicycle Tour.
- ◆ The Club supports the running community by providing volunteer support for local events. Club members provide a wide range of services at these events including race timing, finish line services, and water stop support.
- ◆ The Club sponsors non-competitive member runs and rides for all levels and abilities. These are scheduled on the web site.
- ◆ The Club holds meetings on the second Wednesday of each month. Meetings sometimes include speakers on topics of interest to runners and cyclists.
- ◆ The Club supports both regional and national charities that benefit the local community and contributes a portion of the Buffalo Stampede and Leap Frog proceeds to local charities.

**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 and insurance.



**Downstate Delaware Striders and Riders  
PO Box 1379  
Dover, DE 19903-13179**



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

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Email Address \_\_\_\_\_

- \$15.00 Dues Enclosed
- \$10.00 for Renewal

For insurance purposes check here if you're a runner   
Make checks payable to the address above.