



**SOUTH PINE
STRIDERS**

Walkers, Runners & Riders



Helping each other achieve greater things

Keeping fit and active is much easier when you do with others. Being part of a club means you can develop new friendships and take your exercise to a new level through the encouragement, companionship and accountability of others. If you are a runner you can discover a new world of training at Striders through our technical sessions. We train together, race together and also socialise, adding new experiences and adventure along the way. Not everyone is looking to be fast, we have social runners as well as walkers who simply enjoy exercise. We also have a cycling group (South Pine Riders) and plenty of our club members also compete in triathlons.



Become a Fan on
Facebook

facebook.com/spstriders

Become a member of our club and help build our future.

We have a range of different levels of memberships. Membership helps our club meet its expenses and also to grow and provide more benefits. See overleaf.

www.striders.com.au



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Help grow our club become a member today

All newcomers to our club have a 3 week period of grace to see if they would like to join our club. After that we ask that you will either sign up or opt to pay-per-session if you access coached running sessions, currently priced at \$5 (subject to change). Club members are able to wear our sensational club kit in events.

Our coached sessions are held on a Tuesday am & pm and a Thursday am. These include interval session and hill repeats. We have weekend running groups as well.

You can choose from the following membership options:

1. Ordinary Members

Ordinary members must be over 18 years old, pay an annual fee of \$50 and attend all coached sessions free of charge and can access personal advice from coaches.

2. Social Membership

Social Membership is especially for our walkers who don't access coaching and supervision or runners who are happy to run socially as opposed to training for events and accessing coaching. Social Members must be over 18 years old, do not access coached sessions and pay an annual fee of \$25.

3. Junior Members

Junior members must be under 18 years of age, pay an annual fee of \$15 and attend all coached sessions for free.

Reciprocal Membership

We have a formal agreement with Redcliffe Tri Club for reciprocal membership. This means that RTC members enjoy reciprocal members rights at Striders and vice versa but cannot vote or hold office.

Coaching

We have a number of coaches in the club as well as some very experienced runners. Coaches structure all coached sessions according to the races that people are preparing for. Runners of all levels are found in our club, and all are welcome regardless of ability. Coaches are available for advice on a range of issues including training plans.

To join our club visit our website and follow the links.

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