

## ***Annual Subs***

*(1st January to 31st December)*

Individual: \$40.00

Family: \$80.00

## ***Contact Us***

Manawatu Striders

P.O. Box 1871

Palmerston North

[info@manawatustriders.org.nz](mailto:info@manawatustriders.org.nz)

[www.manawatustriders.org.nz](http://www.manawatustriders.org.nz)



## **Are you a runner or a walker?**

Do you want:

- to take up running or walking as a regular activity?
- to exercise with people of similar ability?
- advice on aspects of walking and running?
- to increase your current level of fitness?
- to be part of an enthusiastic and supportive club?

***Then the Manawatu Striders is for you!***

**"Our aim is to be the first choice club for runners and walkers of all ages and abilities, both socially and competitively, in Palmerston North."**

**Manawatu Striders are proudly sponsored by**



Runners and Walkers

**Any Age**

**All levels of Fitness**

**Any Ability**

**All Year Round**

***Complete or Compete - Just Follow Those Feet!***

[www.manawatustriders.org.nz](http://www.manawatustriders.org.nz)

## What do the Manawatu Striders do?

- Host regular weekly meetings which allow for exercise in groups at a pace and distance that suits you.
- Provide advice and encouragement for all levels of ability.
- Organise events such as the
  - **Super Sevens**
  - **Feilding to Palmerston North Fun Run/Walk-**
  - **Winter Series**
  - **Half Marathon and 5/10k Fun Run/Walk**
  - **Kahuterawa Classic**
- Produce an informative, regularly updated website
- Organise club social events

## Affiliated to Athletics NZ

We are affiliated to Athletics NZ and therefore our members are eligible to become registered athletes. If you wish to be contacted about becoming an ANZ registered athlete please tick the box at the bottom of the Membership Application Form.

## Where and When?

### Where

We meet at the Hockey Pavilion car park, Manawaroa Street—no matter the weather!

### When

<b>Sunday</b>	8.00 am
<b>Tuesday</b>	6.15 pm
<b>Thursday</b>	6.15 pm**

\*\* during the summer, walkers meet at Whakarongo School

We cater for a wide range of ages and abilities and new members and visitors are always welcome.

## Want to find out more?

[info@manawastriders.org.nz](mailto:info@manawastriders.org.nz)  
[www.manawastriders.org.nz](http://www.manawastriders.org.nz)

Printed Jan 2012

## Membership Application form

Surname.....

First Names.....

Address.....

Phone.....

Email.....

Date of Birth (optional).....

Runner  Walker

Please complete and send with \$40.00 or \$80.00 membership fee to:

**Membership Secretary  
Manawatu Striders  
P.O. Box 1871  
Palmerston North**

Or—you can email your membership details to us at [info@manawastriders.org.nz](mailto:info@manawastriders.org.nz) and make an online payment to:

Manawatu Striders  
06-0729-0074004-00

**Code:** Membership **Reference:** Your name

I would like someone to contact me about becoming an Athletics NZ registered athlete