

JOIN US!!



Complete form & send with payment to: Dan Cairns, PO Box 726, St. Cloud, MN 56302

Mission: The purpose of the St. Cloud River Runners is to promote running, encourage improvement, recognize achievement, and sponsor inter-club and community events.

History: The St. Cloud River Runners Club was organized in 1983 after its predecessors, the St. Cloud Harriers and then the Mississippi Striders, disbanded. We currently have over 180 members ranging from fitness runners to marathoners.

Newsletter: The newsletter is emailed monthly to all members listing upcoming events such as races and breakfast runs. The newsletter also includes articles written by club members on a wide range of topics from race results to nutrition and health.

Breakfast Runs: Members gather on Saturday mornings at area restaurants for a group run and then stay to enjoy breakfast together. Other group runs, including regular Sunday morning and Tuesday and Wednesday evening runs are scheduled on a month to month basis in the newsletter and posted on the club's web site.

Club Activities: The club sponsors the Lake Wobegon Trail Marathon and the Granite City 5K. Many members have fun car-pooling together to area road races and traveling together to marathons around the country. We have an annual banquet and slide show to celebrate members and their trips, races and accomplishments over the year. If you run or have an interest in running, the club is a great way to meet new training partners, coaches and others with like interests. For more information, visit www.scr.org or contact club president, Cindy Lewandowski at 320.293.4328 , cslewandowski@charter.net or Don Lewandowski at 320.248.3637, dclewandowski@charter.net or membership director, Dan Cairns, at office (320)223-6627, home (320)393-2845, or e-mail danc@cloudnet.com.

St. Cloud River Runner Membership Application Form

_____ New Member \$25.00 Includes registration with RRCA.

_____ Renewing Single Membership \$20.00 _____ Renewing Family \$35.00

Renewals must be received by January 26th.

_____ Student (21 and under) \$10.00

Name(s): _____ New Member _____

Address: _____ Past Member Renewal _____

City, State, Zip: _____ Birthday Month _____

Phone: (_____) _____

e-mail address: _____