

2011 Annual Meeting and Dinner Keynote Speaker – Alyssa Subbert

Date: Friday, March 4th

Location: Nature Lodge at Raccoon River Park, 2500 Grand Ave. West Des Moines



Alyssa has been a physical therapist for 12 years and she specializes in the biomechanical evaluation of sport. She puts on multiple running and jumping continuing education courses per year in hopes of teaching proper form and preventing injury. Alyssa is a former Div III three time national qualifier and All American in track. She coached track at Urbandale High School for 6 years.

She owns her own clinic, Absolute Performance Therapy, in Waukee where she not only fixes the problem but also tries to improve your performance at the same time with a functional rehabilitation approach.

She will be going over the 5 most common injuries in runners, how to prevent them, how to self diagnose and decide when you need to seek medical attention, and how running form can be the culprit in the cause of injuries.

See www.capitalstriders.org and Capital Striders on Facebook for additional details and communications.

2011 Capital Striders Annual Meeting & Dinner

Current Members — \$25 per person (\$35 after 2/28) **Non-Members** — \$35 per person (\$45 after 2/28)

Doors open at 6pm for social hour, 7pm dinner to be catered by Baratta's.

New this year, bring your own beer or wine (no hard liquor allowed, beer must be in cans).

Also new this year, prizes for wearing race T-shirts: oldest race T-shirt, ugliest race T-shirt design, and best race T-shirt design.

Name (as will appear on name tag, please print)	Membership #	Amount
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

You can also register online at www.capitalstriders.org

Capital Striders Membership Application

Sign-up online at www.CapitalStriders.org

Disregard reminder if you have already renewed ~ Thanks!

Membership Year: January 1 – December 31

Last Name _____	First Name _____	Birthdate _____ <input type="checkbox"/> M <input type="checkbox"/> F
Address _____		
City _____	State _____	Zip Code _____
Phone # _____	Email _____	
*Family Member Name _____	Birthdate _____	<input type="checkbox"/> M <input type="checkbox"/> F
*Family Member Name _____	Birthdate _____	<input type="checkbox"/> M <input type="checkbox"/> F
*Family Member Name _____	Birthdate _____	<input type="checkbox"/> M <input type="checkbox"/> F

_____ **Individual – \$20**

_____ ***Family – \$25**

_____ **Sustaining**
Indicate amount of donation (minimum \$25)

_____ **TOTAL ENCLOSED**

Make checks payable to: Capital Striders
P.O. Box 31069
Des Moines, IA 50310

Signature

Parent's signature (if under 18 years)

By completing and returning this membership form I agree and represent that: I understand that participating in club races and activities is potentially hazardous. I will not enter club activities unless I am physically able and properly trained and agree to abide by any race officials decision relative to my ability to safely compete in an event. I assume all risks associated with running and volunteering in club sponsored events including, but not limited to falls, contact with other participants or bystanders, the effects of incimate and severe weather as well as road and course conditions. In consideration of my acceptance for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Capital Striders Running Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities. I have read this waiver and understand the content.