

Capital City Striders, Inc.
501 C (3) Non Profit
P O Box 1243
Charleston, WV 25325

June 10, 2011

Dear Member/Parent/Friend:

The time is now to get the Capital City Striders Invitational underway.

We are working on the Fellowship lunch we have on Saturday every year as a part of the Invitational Track Meet this weekend so please let Janis Goins know what dish you will contribute and when you can volunteer some time to help out. Only those bringing food or volunteering to work will be allowed to park inside the gate on Saturday.

The Headquarters for this years meet is at the Embassy Suites Meeting Room 230 and we will be working on paper work and team packets there beginning on Thursday afternoon. Volunteers are needed.

Make sure Coaches Strader, Tate, Pickens or I knows if your athlete will be here for the track meet and when they arrive they are to report to their coach. If they must leave during the meet it is imperative that the Coaches are informed. We would like the student athletes to stay until the end of the meet. If your uniform does not fit please turn it back, I have more uniforms and t-shirts for those that may have missed the distribution,

I need copies of Birth Certificates for all new Striders ASAP. Membership fees for 2011 are still \$50.00 per athlete or \$100.00 per family due now. The annual membership includes individual memberships in USATF and AAU, plus a Strider T-Shirt, insurance and entry fees for the Strider Invitational. Thankfully most of you have and I need those that have not to explain their situation to only me and I can make arrangements for sponsorship.

Other important dates include the AAU National Qualifier we are hosting June 16th, 17th, 18th and 19th. Not to mention the USA Track & Field State Qualifier on June 25th which will qualify athletes for the USA Track & Field Regional meet July 7-10 in Geneva, Ohio.

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Paul Gilmer 389-1982