

Calling all Striders:

The Striders will begin practice on Saturday, January 9th, 2010 at 9:00 AM till 11:30 AM and will continue every Saturday thereafter until we move outside to Laidley on week day evenings.

Practice this year will be at the King Center gym on Donnelly Street in Charleston. Where no beverage or food allowed inside the gym area. Beverages must be consumed on breaks in the hallway. If you bring your own please clearly mark the container with the child's last name. Indoor season may include some opportunities for competition based on funding and participation in practice.

We have been busy since last summer. Our own Sami Harris won the Region 5 USATF Cross Country Championship for Intermediate girls and went on the Nationals in Reno finishing 40th in a field of 134 on a snow covered course.

West Virginia had two teams compete in the highly competitive USATF Masters Cross Country Championships in Lexington, KY and both the Capital City Striders and Ohio Valley Mudders did very well in the 50-59 men's age group.

We will go to the AAU Indoor meet in Ohio and others if support, effort and interest are high. For High School athletes the WV Flyers has two indoor meets in Morgantown Jan. 22nd 6:00 PM and February 13th 10.30 AM.

Membership fees for 2010 are \$50.00 per athlete or \$100.00 per family due in May. The annual membership includes individual memberships in USATF and AAU, plus a Strider T-Shirt, insurance and entry fees for the Strider Invitational.

The winter and spring/summer schedules will be out soon and we are looking at a nice outdoor meet for our elementary school age athletes in May after some of our annual donations start coming in, preferable in Ohio, Virginia or North Carolina.

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