# Stilton Striders\*

## We need your views!

Whilst we have grown steadily over the last couple of years, there are always ways we could improve the club. Therefore, the committee would really like your feedback as follows:

If there was one thing I could CHANGE about the club it would be:

If there was one thing the club should START doing, it would be:

The one thing I really want the club to CONTINUE doing is:

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We are also entering a number of relay events in the coming weeks and months, please indicate below if you would like to be in a Striders team in each of the following:

### Livingston Relays – Sunday 3<sup>rd</sup> May

Run in association with the LRRL, teams of 4 (men) or 3 (ladies) compete over a 3 mile relay course at Braunstone Park. Traditionally, the club will fund the entry fee for this one.

Count me in! / No thanks, not this time [delete as appropriate]

### 100 lap challenge – Friday 10<sup>th</sup> July

Raising cash for Rainbows, held at Saffron Lane athletics track in Leicester, this is a relaxed event. 20 per team (so 5 laps each), inc at least 5 ladies per team. £5 per person entry fee. Striders Juniors have won for the last few years, maybe we'll catch them this year.....!

Count me in! / No thanks, not this time [delete as appropriate]

#### Equinox24 – Saturday/Sunday 19<sup>th</sup>/20<sup>th</sup> September

As everyone who has participated in the first two years of this 24 hour event would agree, it is a great way to spend a weekend. Camping with friends and running multiple off-road 10k laps – what is not to like! We'll be looking to enter a team or two, with likely costs around £35 each.

Count me in! / No thanks, not this time [delete as appropriate]

Name: