



Mid-Atlantic USATF
Member Club

Dear Prospective Member,

Once again the Long & Strong Throwers Club is opening its membership. In 2004 We grew to over 80 active members of both genders and all ages, from all over the U.S. and we are looking for further growth in 2005.

Who should join? To carry the Long & Strong name, members should demonstrate (1) a sincere love for the throwing events, and (2) good sportsmanship. Kickin' butt in the circle, on the runway or behind the trig is a bonus!

Annual dues are \$25. Your membership will include the new 2005 club t-shirt. And be on the look-out for club singlets and shorts (tights) in 2005. After all, MEMBERSHIP HAS ITS PRIVILEGES! For information about the club, please visit our website at <http://www.longandstrong.com>.

Yours in throwing,

Glenn A. Thompson
Minister of Propaganda

*** Club membership
does not include a sub-
scription to the Long &
Strong Throwers Journal*

-----Detach Here-----

LONG & STRONG THROWERS CLUB

2005 Membership Application

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number _____

E-mail Address _____

Events _____ T-Shirt Size _____

Do you have any special skills or resources you can make available to the club? _____

*Please enclose a check for \$25 payable to:

Long & Strong Throwers Club, c/o Warren Taylor, 315 Sylvan Retreat, Columbia, PA 17512