



*Mid-Atlantic USATF Member Club*

Dear Prospective Member,

The Long & Strong Throwers Club (LSTC) will once again offer extended benefits to our membership benefits for 2010. The 2010 membership dues will remain at \$50. 2010 members will receive:

1. 2010 LSTC tee-shirt
2. one year subscription to the *Long & Strong* (or 1 year extension to existing subscriptions)
3. 25% discount on throwing shoes (all major brands)
4. 10% discount on M-F Athletic purchases
5. 50% discounted NTCA 2010 National Throws Coaches Association (NTCA) membership (\$25)

Once you join, you'll get the details by email or post. You'll recoup your dues (and more) in no time!

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!

For information about the club, please visit our website at <http://www.longandstrong.com>.

Yours in throwing,

Glenn A. Thompson  
Minister of Propaganda

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

## LONG & STRONG THROWERS CLUB

### 2010 Membership Application

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone Number \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
Events \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

**\*Please enclose a check for \$50 payable to:  
Long & Strong Throwers Club, c/o Warren Taylor,  
315 Sylvan Retreat,  
Columbia, PA 17512**

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

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