



Mid-Atlantic USATF
Member Club

2009 LSTC logo

Dear Prospective Member,

The Long & Strong Throwers Club (LSTC) will once again offer extended benefits to our membership benefits for 2009. The 2009 membership dues will remain at \$50. 2009 members will receive:

1. 2009 LSTC tee-shirt
2. one year subscription to the *Long & Strong* (or 1 year extension to existing subscriptions)
3. 20% discount on throwing shoes (all major brands)
4. 10% discount on M-F Athletic purchases
5. 50% discounted NTCA 2009 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

2009 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?
