

Code of Conduct

Capital Striders is a sport and social club dedicated to the promotion of running in the Des Moines community. In order to foster a welcoming environment, members are encouraged to:

1. Speak to one another in a positive manner.
2. Respect the diversity of our membership. All are welcome regardless of age, religion, ethnic background, gender, sexual orientation or running ability.
3. Refrain from any conduct that could be construed as harassment, including sexual harassment. Sexual harassment is defined as “unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature.”
4. Follow safe running practices. Share the trail and stay alert on the road. Members are to abide by all applicable traffic laws.

Members found to be in violation of the Code of Conduct may have their membership revoked by a vote of the Board of Directors.