



LAKE MERRITT JOGGERS & STRIDERS

23rd ANNUAL

"TIME IS ON YOUR SIDE" RUN

5K & 10K Runs – Both start at 9:00 a.m.

SUNDAY, AUGUST 28, 2011

ENTRY FEE

\$6 Members, *Pre-Reg*
\$8 Non-members, *Pre-Reg*
\$8 Members, Race Day
\$10 Non-members, Race Day

PRIZE DRAWINGS!

Yes, YOU can win a race! Just predict your time for the distance you choose.

Sailboat House on Lake Merritt,
568 Bellevue Ave
(off of Grand Ave)
Oakland CA

The RULES are simple: You select the distance you are going to run and predict your time. You cannot carry a watch, radio, ipod, or any other electronic device. You cannot have a friend call out times. The winners at each distance are the runners who come closest to their predicted times. All times will be recorded to the nearest second. Ties will be broken by selecting the runner with the longest time (smallest percentage error). AWARDS will be three deep at each distance.

How To Register:

Choose one of 3 ways to register. (1) Go to www.lmjs.org and click on "LMJS Races" and then click on "Time Is On Your Side". Registration payment is handled via PayPal. You can use a credit card or your PayPal account to pay.OR..... (2) Fill out the information on the bottom of this form and mail with a check payable to "LMJS" to: LMJS, P.O. Box 431; Lafayette, CA; 94549-043OR..... (3) Show up on race day, starting at 8 a.m., and register on-site (higher race fee).

For Further Info:

Check the LMJS website www.lmjs.org or send an e-mail to: the_running_doc@yahoo.com

NAME (*please print*) _____ AGE _____

ADDRESS _____ SEX _____

DISTANCE (5 km or 10 km): _____ PREDICTED TIME (min:sec): _____:_____

In consideration of your accepting my entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and organizations affiliated with this race, while participating in or traveling to the TIME IS ON YOUR SIDE run, August 28, 2011. I further attest that I am physically fit and have sufficiently trained for this race.

SIGNATURE _____ DATE _____