



Lake Merritt Joggers & Striders

MEMBERSHIP APPLICATION

Lake Merritt Joggers & Striders is Oakland's own running club – celebrating **34** years of running

We welcome runners of all ages and abilities

Enjoy the camaraderie of running with others
Become more fit and healthier by joining LMJS

Our club...

- Emphasizes fitness, fun, and friends
- Sends e-mail bulletins to keep you informed of the latest local news and events
- Publishes a club newsletter containing training tips, race results, members' achievements, and running articles of interest
- Organizes low-key races (5K, 10K, & 15K distances; USATF course-certified) around Lake Merritt, on the 4th Sunday of the month, including the Couples Relay in February and the Time Is On Your Side Run in August
- Holds the Tilden Tough Ten, a 10-mile trail run, in the Berkeley Hills in May
- Supports local running activities such as Students Run Oakland, the East Bay Triple Crown Trail Championships, Girls on the Run, Piedmont Middle School Running Club, etc.
- Supports City of Oakland and East Bay Regional Parks
- Offers regularly scheduled social activities including potlucks with guest speakers, picnics with group runs, training clinics, and team entries at various races – *Continuing!* Saturday Fun Runs on popular running trails in the Bay Area, followed by a little socializing over a cup of coffee
- Honors volunteers by hosting an annual event that includes recognition of club members who have contributed their time and effort to club activities
- Honors members who have completed all three distances at the 4th Sunday runs with the Total Time Competition awards and certificates
- Is the official running club of the Oakland Running Festival and conducts formal training programs for the full marathon and half marathon
- Offers discounts at many local sports stores including TranSports, See Jane Run, Sports Basement, and others (please check with us for current list)
- Discounts the 4th Sunday Run race entry fees, Couples Relay, Time Is On Your Side and Tilden Tough Ten entry fee for members
- Offers discounts on apparel and other items with the LMJS logo
- Is affiliated with RRCA (Road Runners Club of America) and USA Track & Field



<http://www.lmjs.org>

Join or renew today using this form, or online at our website!

Lake Merritt Joggers & Striders

2011

MEMBERSHIP APPLICATION

(Note: membership is for one calendar year)

- NEW Membership**
 RENEWAL Membership

Check One: (Membership applies through 2011)

- \$20 Individual Membership
 \$25 Family Membership-includes 2 adults and dependent children at the same address

Payment Type: **Cash** **Check** **Amount:** _____

Personal Information (Please PRINT CLEARLY)

NAME: _____ **TODAY'S Date:** _____

(Renewals - Enter any changed information below. Check if **NO** changes)

ADDRESS: _____
(STREET)

(CITY) (STATE) (ZIP)

PHONE: (____) _____ **E-MAIL:** _____

SEX: _____ **DATE OF BIRTH:** ____/____/____
(mm/dd/yy) CHECK IF **NOT** ABLE TO HELP AT RACES

FAMILY INFORMATION

Please list (for family memberships only, include only family members age 13 and above):

(2) _____
(ADULT #2 NAME) (SEX) (DOB - MM/DD/YY) (EMAIL ADDRESS)

(3) _____
(DEP CHILD NAME) (SEX) (DOB - MM/DD/YY) (EMAIL ADDRESS)

(4) _____
(DEP CHILD NAME) (SEX) (DOB - MM/DD/YY) (EMAIL ADDRESS)

(5) _____
(DEP CHILD NAME) (SEX) (DOB - MM/DD/YY) (EMAIL ADDRESS)

SEND THIS COMPLETED APPLICATION & CHECK (payable to **LMJS**) TO: LMJS MEMBERSHIP
PO BOX 431
LAFAYETTE, CA 94549-0431

COMMENTS _____

Questions? Contact members@lmjs.org

LMJS club website: www.lmjs.org