



# Lake Merritt Joggers & Striders

## MEMBERSHIP APPLICATION

Lake Merritt Joggers & Striders is Oakland's own running club – celebrating **35** years of running

*We welcome runners of all ages and abilities*

- Enjoy the camaraderie of running with others
  - Become more fit and healthier
- Join the LMJS running club and have fun with us!

Our club membership offers:

- Email bulletins to keep you informed of the latest local news and events
- Access to our website ([www.lmjs.org](http://www.lmjs.org)) a club newsletter containing training tips, race results, members' achievements, and running articles of interest
- Low cost races (5K, 10K, & 15K distances; USATF course-certified) around Lake Merritt, on the 4<sup>th</sup> Sunday of the month, including the Couples Relay in February and the Time Is On Your Side run in August
- Discounts on all race entry fees for the 4<sup>th</sup> Sunday Runs, Couples Relay, Time Is On Your Side, Tilden Tough Ten, as well as other affiliated races from time to time
- Support to our local community groups and running activities such as: the Oakland Running Festival, Girls on the Run, the East Bay Triple Crown Trail Championships, Running for a Better Oakland, Piedmont Middle School Running Club, etc. through our donation program
- Support to City of Oakland and East Bay Regional Parks
- Various structured training programs and clinics, as well as low key training runs such as our popular *Saturday Fun Runs* on various running trails in the Bay Area, followed by a little socializing over a cup of coffee
- Social activities including potlucks with guest speakers, picnics, team entries at various races, and our annual membership banquet
- Recognition of volunteers and special honors to super volunteers who have contributed their time and effort to club activities
- Total Time Competition award certificates for members who have completed all three distances at the 4<sup>th</sup> Sunday runs
- Participation in two major Northern California races, fielding teams at the Tahoe Relay in early June and the Christmas Relay at Lake Merced in San Francisco in mid-December
- Discounts at many local sports stores including TranSports, See Jane Run, Sports Basement, and others (please check with us for current list)
- Discounts on LMJS apparel and other items with our club logo
- Is affiliated with Road Runners Club of America (RRCA)



**For more information go to our website at: <http://www.lmjs.org>**

*(Note: member benefits and discounts are subject to change without notice)*

# Lake Merritt Joggers & Striders

2012

## MEMBERSHIP APPLICATION

(Note: Membership is for one calendar year)

NEW Membership

RENEWAL Membership

Check One: (Membership expires on 12/31/2012)

\$20 Individual membership

\$25 Family membership (Membership-includes up to 2 adults and dependent children at the same address)

Payment Type:  Cash  Check Amount: \_\_\_\_\_ TODAY'S Date: \_\_\_\_\_

**Personal Information (Please PRINT CLEARLY)**

Primary Member NAME: \_\_\_\_\_

(Renewals: Enter only changed information below.  Check if NO changes to membership info)

ADDRESS: \_\_\_\_\_  
(STREET)

\_\_\_\_\_  
(CITY) (STATE) (ZIP)

PHONE: (\_\_\_\_\_) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

SEX: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(mm/dd/yy)

CHECK IF NOT ABLE TO HELP AT RACES

**Please complete for FAMILY MEMBERSHIPS ONLY:**

List family members in same household; include members age 13 and above only):

(2) \_\_\_\_\_  
(ADULT #2 NAME) (SEX) (DATE OF BIRTH – MM/DD/YY)

(3) \_\_\_\_\_  
(DEP CHILD NAME) (SEX) (DATE OF BIRTH – MM/DD/YY)

(4) \_\_\_\_\_  
(DEP CHILD NAME) (SEX) (DATE OF BIRTH – MM/DD/YY)

(5) \_\_\_\_\_  
(DEP CHILD NAME) (SEX) (DATE OF BIRTH – MM/DD/YY)

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

**COMMENTS** \_\_\_\_\_  
\_\_\_\_\_

Questions? Contact [members@lmjs.org](mailto:members@lmjs.org)

LMJS club website: [www.lmjs.org](http://www.lmjs.org)