



Lake Merritt Joggers & Striders

MEMBERSHIP APPLICATION

Lake Merritt Joggers & Striders is Oakland's own running club – celebrating **32** 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 health, fitness, and fun
- Sends e-mail bulletins to keep you informed of the latest local news and events
- Publishes on our website (www.lmjs.org) 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 recognition event for 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
- Participates as a group 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, (variable subsidized entry fees)
- 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 at many local sports stores including TranSports, See Jane Run, Sports Basement, and others (please check with us for current list)
- Offers discounts on apparel and other items with the LMJS logo
- Is affiliated with RRCA (Road Runners Club of America)



**For more information call (510) 644-4224.
Check out our website at: <http://www.lmjs.org>
See reverse for membership application. Join now!**

Lake Merritt Joggers & Striders

2009

MEMBERSHIP APPLICATION

(Note: Membership is for one calendar year)

NEW Membership or RENEWAL Membership

Check One:

\$20 Individual membership

\$25 Family membership

\$10 - 2009 special rate - if age 25 or younger (Individual memberships only)

Payment Type: Cash Check Amount: _____

Personal Information (Please PRINT CLEARLY)

NAME: _____

TODAY'S Date: _____

(Renewals: Enter only 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 in same household):

(2) _____
(NAME) (SEX) (DATE OF BIRTH - MM/DD/YY)

(3) _____
(NAME) (SEX) (DATE OF BIRTH - MM/DD/YY)

(4) _____
(NAME) (SEX) (DATE OF BIRTH - MM/DD/YY)

(5) _____
(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? Call the LMJS Hotline (510) 644-4224

LMJS club website: www.lmjs.org