

TRIPLE CROWN CHALLENGE: The Tilden Tough Ten kicks off the 7th annual "East Bay Triple Crown Trail Championships," three of the toughest trail races in the East Bay. Second in the series is the Lake Chabot Trail Challenge Half Marathon, June 7 and third is the Dick Houston Memorial X-C Race, June 21. Runners who enter and finish all three races will automatically be entered in the "Triple Crown" and receive a survivor award. Winners are determined by totaling the times in all three races.



Lake Merritt Joggers & Striders is an all-volunteer, nonprofit running

club whose mission is to promote running as a means of lifelong health and fitness for persons of all ages and levels of ability and to foster a sense of community, camaraderie, and collaboration within the club and with other running organizations.

LMJS offers races throughout the year in a low-key, fun environment. Our races are runner-friendly, well managed, and affordable. We also offer a variety of social events and volunteer opportunities that allow you to get to know your fellow runners.

To find out more or to become a member, visit us online at www.LMJS.org or complete the enclosed registration form.



LMJS is a member club of the Road Runners Club of America

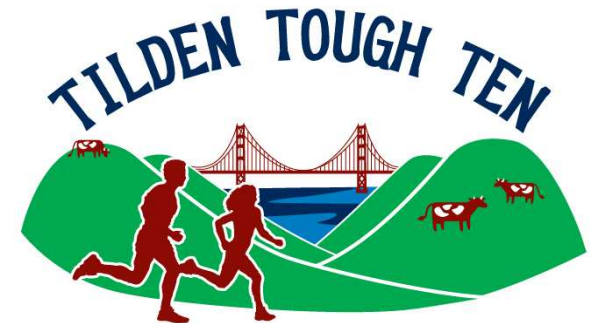
Sign up now for the 22nd annual Tilden Tough Ten Miler!

Lake Merritt Joggers & Striders
C/O Judy Gong
2001 Bywood Drive



Lake Merritt Joggers
& Striders presents:

22nd Annual



The original running alternative to the Bay to Breaker's madness!

**Sunday
May 17, 2009
8 a.m.**

**Inspiration Point
Tilden Park
Berkeley, CA**

An East Bay Triple Crown Trail
Championship Event

Register online at www.LMJS.org

Sunday
May 17, 2009
8 a.m.

RACE INFO: Join us for the 22nd annual Tilden Tough Ten, voted an "East Bay Express Reader's Pick" for the swiftest East Bay foot race. Sign up early, the race is limited to 300 runners. *Race takes place rain or shine and there are no refunds.*

RACE FEE: Special LMJS members only pre-reg entry fee of \$20. Pre-reg fee for non-members is \$25. Pre-registered runners **must sign-up for the race by May 14th**. Entry fee on race day, if the race is not sold-out, is \$30. **Register online at www.LMJS.org**

BIB NUMBER PICK UP: Pre-reg runners pick up numbers race morning. Race day registration and bib pick-up opens at 7:00 a.m.

T-SHIRT: Entry fee includes short sleeve finishers t-shirt in high quality technical fabric. New color this year. Special Sub 60, 70 and 80 t-shirts!! Every effort will be made to accommodate your size but we ask for your understanding if we do not have your first choice.

AWARDS: Medals and certificates to top 3 finishers in 10-year age divisions, male and female:

- Division A – 0 to 19
- Division B – 20 to 29
- Division C – 30 to 39
- Division D – 40 to 49
- Division E – 50 to 59
- Division F – 60 to 69
- Division G – 70+

BENEFITING PARKS: A donation will be made by LMJS to the East Bay Regional Parks District on behalf of the runners in appreciation for the District hosting the race.

REFRESHMENTS & PRIZES: Drinks and refreshments after the race, plus great raffle prizes (must be present to win).

LOCATION: Race starts and ends at Inspiration Point, Tilden Park, on Wildcat Canyon Road, Berkeley. A map of Tilden Park can be found at: www.ebparks.org/parks/tilden

DIRECTIONS: From Oakland, San Francisco, San Leandro, Hayward, take Highway 24 East through the Caldecott tunnel to the Orinda/Moraga exit. At the end of the off ramp make a left turn onto Camino Pablo. After about 2 miles the road turns into San Pablo Dam Rd. At the light turn left on Wildcat Canyon Rd, and go uphill 2.5 miles to the parking lot for Inspiration Pt. at the top of the ridge.

From Walnut Creek, Concord, Martinez, take Highway 24 (West), to the Orinda exit, #9-Orinda, and take the off ramp for Orinda, heading North toward Richmond. After about 2 miles the road turns into San Pablo Dam Rd. At the light turn left on Wildcat Canyon Rd, and go uphill 2.5 miles to the parking lot for Inspiration Pt. at the top of the ridge.

PARKING: Parking is limited, please try to carpool. Monitors will direct you to other nearby lots. You can park on the sides of Wildcat Canyon Rd., but your wheels cannot be across the white line onto the roadway as the Park Police may ticket you.

THANK YOU TO OUR SPONSORS!

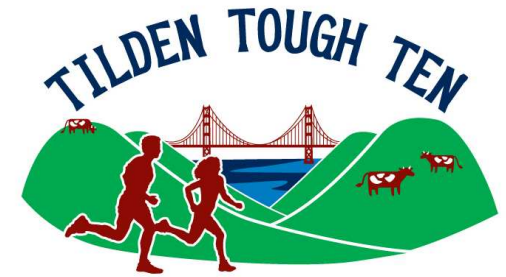


To register for the race send check (payable to LMJS) and registration form to:

Lake Merritt Joggers & Striders
 C/O Judy Gong
 2001 Bywood Drive
 Oakland CA 94602

Phone: (510) 644-4224
 Email: lgoldman@lmjs.org

Register online at www.LMJS.org



Registration

- \$20 pre-reg for LMJS members (received by May 14)
- \$25 pre-reg for non LMJS members (received by May 14)
- \$30 day of race (registration 7:00 - 7:45 a.m.)

Note: The race is limited to 300 runners. Sign-up early. Sorry No Refunds.

Amount Enclosed (check one)
<input type="checkbox"/> LMJS Member Rate of \$20
<input type="checkbox"/> Non-Member Rate of \$25

RUNNER INFORMATION:

Last Name: | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |

First Name: | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |

Age: | - | - | Sex: | - |

Email: _____

Street Address: _____

City, State, Zip: _____

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 the race while participating in or traveling to the Lake Merritt Joggers & Striders' Tilden Tough Ten, May 17, 2009. I attest that I am physically fit and have sufficiently trained for this event.

Signature _____

Date _____