




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](http://www.LMJS.org) or complete the enclosed registration form.

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

Grab a partner and join us for the 32nd Annual Couples Relay!

Lake Merritt Joggers & Striders  
4200 Park Blvd, PMB 507  
Oakland, CA 94602



Lake Merritt Joggers  
& Striders presents:

**32nd Annual**



## Couples Relay

5K relay race around beautiful Lake Merritt  
to benefit *Team-Up for Youth*

**Sunday  
February 28, 2010  
9 a.m.**

**Sailboat House  
Lake Merritt  
Oakland, CA**

Register online at [www.LMJS.org](http://www.LMJS.org)



# Couples Relay

**Sunday**  
**February 28, 2010**  
**9 a.m.**

**FORM A TEAM:** A team is two runners or walkers and can be comprised of any combination of genders. Each team member runs one 5K lap around Lake Merritt. On female/male teams the female will run the first leg.

**SPECIAL MEMBER RATE:** Special LMJS member entry fee of \$20 per team (2 runners). To join LMJS and get the member rate, add your \$20 individual or \$25 family annual membership to your total payment.

**YOUTH DISCOUNT:** Discounted rate for "Youth Division" runners, combined ages 39 and under. Fee for this division is just \$16.

**GREAT GIFTS:** Every team gets a goody bag full of snacks, coupons and more! Each runner receives a custom LMJS ChicoBag, courtesy of TranSports Running Store. These colorful, compact, reusable tote bags are limited to the first 150 teams so register early!

**SPECIAL PRIZES:** Stick around after the race for great raffle prizes (must be present to win), prizes for the top finishers in each division, plus prizes for the youngest and oldest teams.

**BENEFITING KIDS:** The 32nd Annual Couples Relay will benefit Oakland non-profit Team-Up for Youth. Team-Up for Youth works to create a world in which all kids have sports opportunities that teach valuable life lessons. Learn more at [www.teamupforyouth.org](http://www.teamupforyouth.org). Make a contribution to Team-Up for Youth by adding a donation to your entry fee.



**LOCATION:**

Race starts/ends at the Sailboat House, Lake Merritt, 568 Bellevue Avenue, Oakland.

**DIRECTIONS:**

**From I-880,** take the Oak St. exit. Turn right onto Oak, which turns into Lakeside Dr. Cross 14<sup>th</sup> St. Continue on Lakeside Dr. Lake Merritt is on your right. Turn right onto Grand Ave. Turn right onto Bellevue Avenue at the Fairyland Entrance.

**From I-580,** take the Grand Ave. exit and head West on Grand. Go about 6 blocks and turn left into Bellevue Ave. at the Fairyland entrance. The Sailboat House is the blue building on the right.

**The City of Oakland charges \$5 to park at Lake Merritt, street parking is free.**

**THANK YOU TO OUR SPONSORS!**



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

Lake Merritt Joggers & Striders  
 4200 Park Blvd. PMB 507  
 Oakland, CA 94602

Phone: (510) 544-4224  
 Email: [jrussell@lmjs.org](mailto:jrussell@lmjs.org)

Register online at [www.LMJS.org](http://www.LMJS.org)

## Registration

- **\$26** per couple pre-reg for **non-LMJS** members received by February 24, 2010
- **\$20** per couple, pre-reg for **LMJS** members (Note: Only one of the runners needs to be a member)
- **\$16** special rate for **youth team** (combined age under 39)
- **\$35** per couple **day of race** (registration 8:00 - 8:45 a.m.)

Entry Fee: \$ _____
Donation to Team-Up for Youth (tax deductible): \$ _____
LMJS Membership (\$20 individual/\$25 family): \$ _____
Total: \$ _____

**1. Team Member**

Last Name: | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ |

First Name: | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ |

Age: | \_ | \_ | Sex: | \_ | Email: \_\_\_\_\_

Address: \_\_\_\_\_

**2. Team Member**

Last Name: | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ |

First Name: | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ | \_ |

Age: | \_ | \_ | Sex: | \_ | Email: \_\_\_\_\_

Address: \_\_\_\_\_

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' Couples Relay, February 28, 2010. I attest that I am physically fit and have sufficiently trained for this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

- Division  
 (circle combined team age)
- A. Walkers
  - B. Youth Team (39 & Under)
  - C. 40-59
  - D. 60-79
  - E. 80-99
  - F. 100-119
  - G. 120-139
  - H. 140+