

TRIPLE CROWN CHALLENGE: The Tilden Tough Ten kicks off the 8th 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 6 and third is the Dick Houston Memorial Woodminster X-C Race, June 20. 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 23rd annual Tilden Tough Ten Miller!

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



Lake Merritt Joggers
& Striders presents:

23rd Annual



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

**Sunday
May 16, 2010
8 a.m.**

**Inspiration Point
Tilden Park
Berkeley, CA**

An East Bay Triple Crown Trail
Championship Event

Register online at www.LMJS.org

