



And
LAKE MERRITT JOGGERS & STRIDERS
PROUDLY PRESENT THE

19TH ANNUAL
TIME IS ON YOUR SIDE
5 & 10 KM RUN

ENTRY FEE
\$6 Pre-reg.
\$8 Race Day

SUNDAY, JULY 22, 2007

**Sailboat House on
Lake Merritt
568 Bellevue Ave
(off of Grand Ave)
Oakland CA**

STAGGERED STARTS:

10 KM at 9:00 AM

5 KM at 9:10 AM

PRIZE DRAWINGS!

*Yes, YOU can win a race! Just predict
your time for the distance you choose.*



The RULES are simple: You select the distance you are going to run and predict your time on this form. You cannot carry a watch or have a friend call out times.

The winners at each distance are the runners (or walkers in the 5 km) who come closest to their predicted times. All times will be recorded to the nearest second. Ties will be broken by selecting the runner with the longest time (smallest percentage error). AWARDS will be three deep at each distance.

RACE DAY registration begins at 8 am.
Mail to K Gerdes; 2634 Arlington Blvd; El Cerrito CA 94530
Make checks payable to 'LMJS'

INFO: LMJS Hotline
510-339-2430

NAME (please print) _____ AGE _____

ADDRESS _____ SEX _____

DISTANCE (5 km or 10 km): _____ **PREDICTED TIME (min:sec):** _____:_____

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 this race, while participating in or traveling to the TIME IS ON YOUR SIDE run, July 22, 2007. I further attest that I am physically fit and have sufficiently trained for this race.

SIGNATURE _____ **DATE** _____