



LAKE MERRITT JOGGERS & STRIDERS

21st ANNUAL

"TIME IS ON YOUR SIDE" RUN

5K & 10K Runs – Both start at 9:00 a.m.

SUNDAY, AUGUST 23, 2009

ENTRY FEE

\$6 Members, pre-reg

\$8 Non-members, pre-reg

\$10 Race Day

PRIZE DRAWINGS!

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

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

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, radio, ipod, or any other electronic device. You cannot 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 8:00 AM
Make checks payable to: LMJS
Mail to: P.O. Box 431; Lafayette, CA; 94549-0431

**INFO: LMJS Hotline
510-644-4224
WEBSITE: www.lmjs.org**

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, August 23, 2009. I further attest that I am physically fit and have sufficiently trained for this race.

SIGNATURE _____ **DATE** _____