

VOLUNTEER TO HELP - 2009

LMJS is an all-volunteer club and we rely on club members and friends to staff our many activities. The club's flagship races are the Fourth Sunday Runs, which we have put on without fail, every month for 32 years! (And the **Tilden Tough Ten**, which will be the 22nd this year) Below is the current 2009 schedule of races and race directors. If you would like to volunteer at a race, just e-mail one of the race directors. You can view the current list of volunteer assignments [here](#).

Contact the [Head Race Director](#) if you are interested in being a race co-director.

<u>MONTH</u>	<u>RACE DIRECTORS</u>	<u>DATES</u>	<u>NOTES</u>	<u>E-MAIL ADDRESSES</u>
January Fourth Sunday Run	Karen Andrews & Jim Eckford	25-Jan-09	5K, 10K, 15K	andrews2@berkeley.edu jeckford@gmail.com
February Couples Relay	Jessica Russell & Patrick McKinney	22-Feb-09	2 x 5K	jldrussell@sbcglobal.net pmckinney@fbm.com
March Fourth Sunday Run	Paula Kindinger- Wilcox & Corey Flynn	22-Mar-09	5K, 10K, 15K	paula_kindinger-wilcox@dot.ca.gov coreyflynn@hotmail.com
April Fourth Sunday Run	Corey Flynn & Chuck McIntyre	26-Apr-08	5K, 10K	coreyflynn@hotmail.com chucksr7497@sbcglobal.net
May Tilden Tough Ten	Karen Andrews & Patricia Lin	17-May-09	10 Miles	andrews2@berkeley.edu princeucb@aol.com
May Fourth Sunday Run	Jim Buck & Barry Hotchkies	24-May-09	5K, 10K, 15K	buckaroo36@comcast.net whistledow@aol.com
June Fourth Sunday Run	Ken Burgess & Elica Hoffman	28-Jun-09	5K, 10K	kjburg@gmail.com
July Fourth Sunday Run	Recruiting	26-Jul-09	5K, 10K, 15K	
August Time is on Your Side	Marie Gee & Jack Zakarian	23-Aug-09	5K, 10K	mcngee@yahoo.com JAZA@chevron.com
September Fourth Sunday Run	Mountain Krauss	27-Sep-09	5K, 10K, 15K	mmmtain@gmail.com
October Fourth Sunday Run	Joe Davis & Sarah Vital	25-Oct-09	5K, 10K	joedavis37@yahoo.com schtimpy27@gmail.com
November Fourth Sunday Run	Steven Merigold & Ernie Isaacs	22-Nov-09	5K, 10K, 15K	smerigold@aol.com ernesti@pacbell.net
December Fourth Sunday Run	Recruiting	27-Dec-09	5K, 10K	
HEAD RACE DIRECTOR	John Momper		jmomper@berkeley.edu	