

VOLUNTEER TO HELP - 2010

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 33 years! (And the **Tilden Tough Ten**, which will be the 23rd this year) Below is the current 2010 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, Gisele Boriolo & Kate Stewart	24-Jan-10	5K, 10K, 15K	andrews2@berkeley.edu jeckford@gmail.com
February Couples Relay	Jessica Russell & Patrick McKinney	28-Feb-10	2 x 5K	jldrussell@sbcglobal.net pmckinney@fbm.com
March Fourth Sunday Run			No race this month – Oakland Running Festival	
April Fourth Sunday Run	Christine Chapon & Juliann Sum	25-Apr-10	5K, 10K	christinechapon@yahoo.com jsum@berkeley.edu
May Tilden Tough Ten	Gisele Boriolo & Katherine Steward	16-May-10	10 Miles	giseleboriolo@yahoo.com seekate@mac.com
May Fourth Sunday Run	Francisco Vera & John Momper	23-May-10	5K	franciscovera@hotmail.com jmomper@berkeley.edu
June Fourth Sunday Run	Christine Chapon & Paul Mueller	27-Jun-10	5K, 10K <small>Tahoe Relays 6-12-09</small>	christinechapon@yahoo.com paul@paulography.com
July Fourth Sunday Run	Jim Buck	25-Jul-10	5K, 10K, 15K <small>SF Marathon 7-25-10</small>	buckaroo36@comcast.net
August Time is on Your Side	Marie Gee & Jack Zakarian	22-Aug-10	5K, 10K	mcngee@yahoo.com JAZA@chevron.com
September Fourth Sunday Run	Ken Burgess	26-Sep-10	5K, 10K, 15K	kjburg@gmail.com
October Fourth Sunday Run	Ernie Isaacs & Joe Davis	24-Oct-10	5K, 10K	ernesti@pacbell.net joedavis37@yahoo.com
November Fourth Sunday Run	Steven Merigold	28-Nov-10	5K, 10K, 15K	smerigold@aol.com
December Fourth Sunday Run	Barry Hotchkies & Sarah Vital	26-Dec-10	5K, 10K	whistledow@aol.com svital@stmarys-ca.edu
HEAD RACE DIRECTOR	John Momper			jmomper@berkeley.edu