



Lake Merritt Joggers & Striders

Lake Merritt Joggers & Striders is Oakland's oldest running club,
celebrating **40+** years

We welcome runners of all ages and abilities

Enjoy the camaraderie of running with others

Become more fit and healthy

Join the LMJS running club and have fun with us!

Membership in LMJS offers a number of benefits for runners. First and foremost are the group running experiences you can have and the people you will meet that share the same interests you do. While many fun runs and other informal activities do not require membership in the club, most of the runners who participate in them are LMJSers. A lot of club-oriented relationships evolve out of the informal gatherings and just add to the total running experience here in the East Bay. So we encourage you to become/remain a member of the club to take advantage of our other offerings. Some of the membership benefits are:

- **Weekly group training runs to help you get ready for an upcoming race and meet other runners.**
- **Bi-weekly bulletin sent to members automatically.**
- **Discounts on LMJS race entry fees for the 4th Sunday Runs, and special races (e.g., Couples Relay, Tilden Tough Ten, Woodminster), as well as other affiliated races from time to time**
- **Discounts on LMJS training classes**
- **Discounts on LMJS apparel and other items with our club logo**
- **Discounts at several local sports stores, such as TranSports, Sports Basement, and others (please check with us for current list)**
- **Invitation and discount to our Annual Membership/Volunteer Recognition Dinner**
- **Access to our website (www.lmjs.org) Member's only area**
- **Regularly scheduled social activities including potlucks with guest speakers, picnics, Saturday Fun Runs, training clinics and team entries at various races**
- **Total Time Competition award certificates honoring members who have completed all three distances at the 4th Sunday runs**
- **Team participation in Northern California races, such as Tahoe Relay (June) and the Christmas Relay in San Francisco (mid-December)**
- **Support to our local community groups and running activities such as: the Oakland Running Festival, Girls on the Run, the East Bay Triple Crown Trail Championships, Running for a Better Oakland, Piedmont Middle School Running Club, etc. through our participation or donation program**
- **Support to City of Oakland and East Bay Regional Parks**
- **Affiliation with Road Runners Club of America (RRCA)**



**For more information or to apply online, go to our website at: <http://www.lmjs.org>
(Note: member benefits and discounts are subject to change without notice)**

