

How to register for USMS

STEP 01

Access the 2016 "New Member" registration portal by going to the USMS page, clicking "join or renew" and selecting "new member".

Fill out accordingly.

STEP 02

Read and approve USMS waiver.

Select "OREG" as the club. This will make a "drop down" menu appear.

STEP 03

Select your desired workout group from the list.

STEP 04

Review and pay! Congratulations!! You're a new member!

STEP 05