

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