

1ST ANNUAL

NORCAL 10 MILER

REDDING, CA.

(PLUS 3 MILE CROSS-COUNTRY RACE)

DATE: SATURDAY , MAY 28, MEMORIAL DAY WEEKEND

TIME: 9:00 a.m. Sharp, 3 mile race will start 15 minutes after start of 10 mile

FEE: \$2.00 mail-in registration, \$3.00 on race day, 12 and under \$1.00. (checks payable to S.W.E.A.T.) Mail to: Tom Hayes, 1830 Riviera Drive, Redding, Ca. 96001

SPONSOR: S.W.E.A.T. (Shasta Wonderland Elite Athletic Team)

SANCTION: Both the 10 and 3 mile courses are certified distances sanctioned by the Pacific Association of the AAU

COURSES: The 10 mile course is 100% pavement with start and finish at picturesque Lake Redding Park on the Sacramento River (some hills). The 3 mile course varies equally between pavement, grass, and dirt, and is flat. Remember, course records in all divisions will be established this year!

DIVISIONS: 12 and under, 13-17, 18-29 (open), 30-39, 40-49, 50 and over. Men and womens categories in all divisions.

AWARDS: First through third awards will be given in above divisions for the 10 mile and 3 mile races. All finishers will receive certificates.

REDDING: Located at the Northernmost end of the Sacramento Valley, Redding is the hub of Northern California commerce and services.

*NOTE: The Norcal 10 Miler replaces the Lake Redding Run on your 1976-77 A.A.U. schedule.

Please refer all requests for motel/hotel, and campground information to Mr. Len Edholm, Redding Chamber of Commerce, 1345 Liberty Street, Redding, Ca. 96001.

*A post race picnic and get together will be held in the park. All you need is your grub; the coals and fellowship will be provided.

ENTRY FORM NORCAL 10 MILER

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against the Pacific Association of the A.A.U., S.W.E.A.T., their representatives, successors and assigns, for any and all injuries suffered by me at the Annual Norcal 10 Miler or en route to or from said event.

SIGNATURE _____ PRINTED NAME _____

PARENT'S SIGNATURE _____ AGE _____ AFFILIATION _____
(if applicant is under 18)

ADDRESS _____ TELEPHONE () _____
NUMBER STREET CITY STATE ZIP

DIVISION: _____ 12 and under _____ 13-17 _____ 18-29 _____ 30-39 _____ 40-49 _____ 50 and over

Sex _____ A.A.U. NUMBER _____ 10 Mile _____ 3 Mile _____