



Nor Cal John Frank Memorial Run

—March 17, 2001—

Races

1 mile run/walk,
3 mile run/walk &
10 mile run/walk
- with wheelchair option

Times

9 a.m. for 1 mile
10 a.m. for 3 & 10 mile

Prices

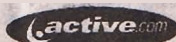
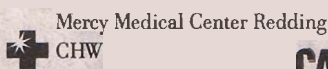
\$20 - 3 mile & 10 mile
\$14 - 1 mile
(all prices include shirts)

Late Registration

Add \$5 after March 10, 2001
SWEAT members get
\$2 discount

**Starting line will be on Diestelhorst Bridge
with race central in Caldwell Park.**

For more information contact John Luaces (530) 510-7102 or 246-8560 after 5 p.m.
Hotline (530) 241-5268 or sweatrc@hotmail.com www.geocities.com/sweatrc



Entry Form Mail entry to: S.W.E.A.T. Nor Cal P.O. Box 990188, Redding, CA 96099 (Please Print)

Name _____ Address _____

City _____ Zip _____ Phone (____) _____

Email _____

EVENT: 1-Mile 3-Mile 10-Mile Wheelchair

AGE on race day _____ **Sex** (M or F) _____

PRE-REGISTRATION SHIRT SIZE: S M L XL XXL (\$2.00 extra)

3 or 10 milers \$20: _____ 3 or 10 milers w/o shirt \$15: _____ S.W.E.A.T. members*

1 milers w/o shirt \$9: _____ 1 milers with shirt \$14: _____ **subtract \$2** _____

LATE REGISTRATION: (After Mar 10) add \$5: _____

*Must be a current member to receive discount.

3 & 10 mile \$25: _____ **TOTAL AMOUNT PAID \$** _____

Waiver: Intending to be legally bound, I certify that my training and health are adequate for me to safely compete in the NORCAL/JFM runs, and I hereby waive any claims for damages I might suffer due to participation in this event on March 17, 2001.

Signature _____