

NORCAL

John Frank Memorial

Ten mile & Three mile

March 16, 2002

Races

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

Times

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

Prices

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

Late Registration


Add \$5 after March 3, 2002
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) 510-5155 or 246-8560 after 5 p.m.
or sweatrc@hotmail.com www.geocities.com/sweatrc

 **Record Searchlight**
redding.com

 SWEAT

 Mercy Medical Center Redding
CHW

 **Redding Rehab
& Sports Medicine**
Tenet HealthSystem

Bryan Burch
Orthopedic & Sports
Physical Therapy

CALISTOGA
MOUNTAIN SPRING WATER
Foothill Distributing Co.

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 **IKON**
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MOORE CHIROPRACTIC
Wellness Centre

 **PEPSI!**

Miller Trucking Corporation

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 Run 3-Mile Walk 10-Mile Wheelchair

AGE on race day _____ **Sex** (M or F) _____ **SOCK SIZE:** S M L XL

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

1, 3 or 10 milers \$20: _____ 3 or 10 milers w/o shirt \$15: _____ S.W.E.A.T. members*
1 milers w/o shirt \$6: _____ subtract \$2 _____

LATE REGISTRATION: (After Mar. 3) add \$5: _____

*Must be a current member
to receive discount.

1, 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 16, 2002.

Signature _____