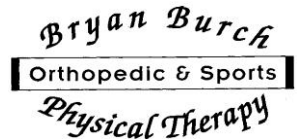
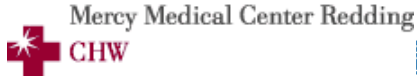


NORCAL^{32nd}

JOhn Frank Memorial Run



Distance _____ Time _____ Age-Group _____ Placing – Overall _____ Age-Group _____



Shasta Wonderland Elite Athletic Team

www.geocities.com/sweatrc

sweatrc@hotmail.com