

NORCAL

John Frank Memorial

Ten mile & Three mile

March 8, 2003

Races

1 mile run/walk,
3 mile run/walk &
10 mile run/walk

Times

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

Prices

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

Late Registration

Add \$5 after Feb. 22, 2003
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@sbcglobal.net
visit us online at www.geocities.com/sweatrc

 Record Searchlight
redding.com

 SWEAT

online registration powered by
 active.com

 Redding Rehab
& Sports Medicine
Tenet HealthSystem

 CALISTOGA
MOUNTAIN SPRING WATER™
Foothill Distributing Co.

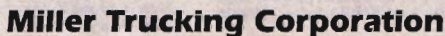


 PEPSI

The Way Business Gets Connected



 KNAUF

 Miller Trucking Corporation

MOORE CHIROPRACTIC
Wellness Centre

Entry Form Mail entry to: S.W.E.A.T. Nor Cal 1670 Dakota Way, Redding, CA 96003 (Please Print)

Name _____ Address _____

City _____ Zip _____ Phone (____) _____

Email _____

EVENT: 1-Mile 3-Mile Run 3-Mile Walk 10-Mile

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

PRE-REGISTRATION SHIRT SIZE: S M L XL

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 \$8: _____ subtract \$2 _____

LATE REGISTRATION: (After Feb. 22) add \$5: _____
1, 3 & 10 mile \$25: _____ TOTAL AMOUNT PAID \$ _____

*Must be a current member
to receive discount.

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 8, 2003.

Signature _____