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**Entry Form**

Mail entry to:  
NORCAL  
1670 Dakota Way, Redding, CA 96003  
Make checks payable to SWEAT.

(Please Print)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

PRE-REGISTRATION DEADLINE: 2-19-06 (add \$5 after).

REGISTRATION FEES:

3 Mile & 10 Mile - \$20 • 1 Mile - \$15

EVENT: 10 Mile                      3 Mile                      1 Mile

AGE on race day:                      Sex: M or F

SHIRT SIZE:    S                      M                      L                      XL

10 & 3 Mile Runs: \$ \_\_\_\_\_

1 Mile Run: \$ \_\_\_\_\_

PA/USATF# \_\_\_\_\_

TEAM NAME \_\_\_\_\_

LATE REGISTRATION (After 2-18-06): add \$5 \_\_\_\_\_

TOTAL AMOUNT PAID: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

**RACE DATE:**

March 4th, 2006

**STARTING TIMES:**

1 mile: 8:45am

3 & 10 mile: 10am

**START LOCATION:**

Lake Redding Park,  
Redding, California



**PA/USATF 10 Mile  
Road Championship**



**Questions?**

Call John Luaces at: 530.526.3076

**Email:**

sweatrc@sbcglobal.net

**SWEAT web site:**

www.sweatrc.com