

NORCAL

John Frank Memorial
Ten mile & Three mile

March 3, 2007

Races

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

Times

8:30 a.m. for 1 mile
10 a.m. for 3 & 10 mile

Prices

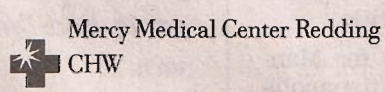
\$20 - 1 mile, 3 mile & 10 mile
(all prices include shirts)

Late Registration

Add \$5 after Feb. 17, 2007
SWEAT members get
\$2 discount

**Starting line will be on Diestelhorst Bridge
with race central in Lake Redding Park**

For more information contact John Luaces (530) 526-3076 or 246-8560 after 5 p.m.
or sweatrc@sbcglobal.net
visit us online at www.sweatrc.com



Miller Trucking Corporation

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/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: _____
1 milers w/o shirt (grades k-8th) FREE: 1 milers w/shirt (grades k-8th) \$8: _____
LATE REGISTRATION (After Feb. 18) add \$5: _____
1, 3 & 10 mile \$25: _____ **TOTAL AMOUNT PAID \$** _____

S.W.E.A.T. members*
subtract \$2 _____
*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 3, 2007.

Signature _____