

# 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 \_\_\_\_\_

EVENT:      1-Mile      3-Mile      10-Mile  
AGE on race day: \_\_\_\_\_ Sex (M or F): \_\_\_\_\_

Cotton Shirt Size:      YM   YL   S   M   L   XL  
Performance Shirt Size: **+\$10**      S   M   L   XL  
Sport-Tek Sport-Wick 1/4 Zip Fleece: **+\$50**   XS   S   M   L   XL  
Performance shirt and Fleece guaranteed to pre-registered only

10-milers ..... \$25: \_\_\_\_\_  
10-milers w/o shirt ..... \$20: \_\_\_\_\_  
1 or 3-milers ..... \$20: \_\_\_\_\_  
1 or 3-milers w/o shirt ..... \$15: \_\_\_\_\_  
1-milers w/ shirt (0-8<sup>th</sup> grade) ..... \$8: \_\_\_\_\_  
1-milers w/o shirt (0-8<sup>th</sup> grade)..... \$Free: \_\_\_\_\_  
1-mile grade school team (4-members) \$Free: \_\_\_\_\_  
team must have one member of opposite sex  
Performance Shirt Option..... **add \$10:** \_\_\_\_\_  
If ordered replaces cotton shirt.  
40th NorCal Fleece (embroidered) ..... **add \$50:** \_\_\_\_\_  
Fleece is in addition to the shirt if ordered.  
Team Name: \_\_\_\_\_  
USATF#: \_\_\_\_\_

PA/USATF Comps are due on 2/20/10, not postmarked by.

S.W.E.A.T. & Chico RC Members\* .. subtract \$2: \_\_\_\_\_  
LATE REG. (After Feb. 20th) ..... add \$5: \_\_\_\_\_  
TOTAL AMOUNT PAID ..... \$: \_\_\_\_\_

**WAIVER:** In consideration of your acceptance of our entry, we, intending to be legally bound, do hereby for ourselves, our heirs, executors, and administrators, waive and release forever any and all rights and claims or damages we may accrue against SWEAT Club, USA Track & Field, National Park Service, volunteers, and any sponsors of the race, their successors, and representatives, for any and all injuries suffered by our members while traveling to and from and participating in the **NorCal JFM Run**. We attest and verify that we have full knowledge of the risks involved in this event, including, but not limited to, those caused by terrain, wildlife, weather, condition of the athlete, vehicle, other participants, and lack of hydration, that we will assume those risks, that we will assume and pay our own medical emergency expenses in the event of an accident, illness, or other incapacity, regardless of whether we have authorized such expenses, and that we are physically fit to participate in this event. We grant permission to use our likenesses taken in connection with this event without compensation. We have read the entry information provided for the event and certify our compliance by our signatures. We certify that all of the information on this form is true and complete.

Signature \_\_\_\_\_  
*NOTE: Parent or guardian must sign for participants under 18.*

## Awards and Prizes

AWARDS CEREMONY begins ASAP after race. Awards will be given to the top- 5 placing participants in each division. 1-MILERS receive participation ribbons. 3 & 10-MILERS are recognized in each age category. Top Male and Female winners and top Masters winners (over 40) in both runs receive special awards. 1-mile team awards just after their race.

**Prize Money:** \$3,000 – Award winners must be Pacific Association USATF members. Prize money is awarded to Pacific Association USATF members only. The 10-Mile event is the only race eligible for prize money.

# March 6, 2010

## Divisions

PA/USATF GP 10-Mile – All Divisions contested.  
3-Mile - See below.  
1-Mile (K-8) – Top 5 boy/girl receive awards in categories K-2, 3-5, 6-8. Plus Team award.

3-MILE Run	10-MILE
0-9 years of age	0-18
10-14	19-24
15-19	25-29

*Age divisions continue in 5-year increments as needed for running categories, with Male and Female divisions.*

**RACE LOCATION** is in the City of Redding, in Lake Redding/ Caldwell Park. From I-5, exit Highway 44 west (towards Eureka). Turn right on Pine Street (just past East Street). Follow the road to the left onto Eureka Way. Turn right on Market Street and drive over the Sacramento River, and almost immediately turn left on Quartz Hill Road. Turn left on Benton Drive, across from the golf course. Parking is available in Lake Redding Park or at the Senior Citizens' Center.

**RACE TIMES** The 1-MILE run/walk begins at 8:30 a.m. The 10-MILE race start at 10:00 am and the 3-MILE run/walk at 10:00 a.m.

**RACE COURSES:** The 1-mile course is flat. The 3 and 10-mile races are on the Sacramento River Trail, and are mostly flat surfaces. Cert#: CA03003RS

REFRESHMENTS will be available to all participants.  
QUESTIONS? Email: [sweatrc@sbcglobal.net](mailto:sweatrc@sbcglobal.net)  
Phone: 530-526-3076 ~ Web site: [www.sweatrc.com](http://www.sweatrc.com)

## Registration

### PRE-REGISTRATION

(Must be postmarked by February 20th)  
\$25 - 10-Milers ~ \$20 – 1 & 3-mile events

Deduct \$2 per entry for SWEAT & Chico RC members.\*  
*\*SWEAT & Chico RC members must be current at the time of entry postmark.*

### LATE REGISTRATION

February 21st – March 6th. Add \$5 to entry fee.

### RACE PACKET PICK-UP & Registration

Friday, March 5, 2010, 11 – 7 pm – Fleet Feet ,  
1376 Hilltop Dr., Redding, 530-226-0600  
\*New Location\*

Also on race day.



*Late registration may also be handled at this time*

### RACE-DAY REGISTRATION

\$30/25 (no discounts) OPENS at 7 a.m. and CLOSES at 9:30 a.m.

## 1-Mile Team Prizes

**\$1300 in gift certificates to the winning team's schools to further develop their running programs. See website for more**

### Race Refund Policy:

Entry fees are NON-REFUNDABLE and NON-TRANSFERABLE. In the event that you are not able to participate, entry fees for the current race will NOT transfer to the following years race or any race thereafter. However, we will mail you a t-shirt from the current years race upon written or e-mail request. Please include in your cancellation notice your name, mailing address, sex, age, phone number, and t-shirt size.