

AWARDS

Awards for 1st place male and female in 50k and 10k, and for 1st place relay team.

Raffle prizes.

T-shirts for all participants (\$5 extra for 10k runners)

- if you do not pre-register you may not receive a shirt

Sponsored by:

- Sunsweet Growers
- Dairyville Community Club
- SWEAT running club



Questions:

Bev or Alan Abbs
(530)529-9759
bevabbs@clearwire.net

Team Sunsweet
22800 Bend Ferry Road
Red Bluff, CA 96080

Sunsweet Wildflowers Trail Runs

50k/50k relay/trail-10k

Proceeds will benefit Dairyville CC and SWEATRC scholarships

Date: April 24, 2010

**Time: 8:00am 50k/50k relay
8:30am trail-10k**

Pre-register by: April 10, 2010

Packet pickup will be Saturday morning at the Sherman Ranch, 22800 Bend Ferry Road from 6:00-7:30am. (to 8:30 for the 10K)

Check in for 50k/50k relay -6:00-7:30am at the **Sherman Ranch**. Pre-race meeting is at 7:45am.

Take I-5 north from Red Bluff, turn right on Jelly's Ferry Road, travel 2 miles and turn right on Bend Ferry Road. Follow for 3 miles into the BLM public land and past Bass Pond parking. Turn left into the gate at the Sherman Ranch.

2nd Relay members will need to get themselves to the hand off at Oak Slough. Directions will be provided at check in or by email.

Check in for the 10k - 7:00 -8:00am with pre-race briefing at 8:15.

The run will be on dirt trail and lava rock road bed. There is very little elevation change but footing is technical in parts.

Aid Stations There will be at least 5 fully stocked aid stations and 2 water stops. 1 aid station for 10k run.

Cut-off is 8 hours.

**Volunteers are greatly appreciated!
Please call or email.**

Entry Form

Mail entry to: Team Sunsweet
22800 Bend Ferry Road, Red Bluff, CA 96080
Make checks payable to Team Sunsweet

Name _____

Address _____

City _____ Zip _____

Age _____ Sex _____

Phone (____) _____

Email _____

Relay Partner _____ Age _____ Sex _____

(team— please include 2 waivers)

Events: 50k 50k relay 10k

T-Shirt size S _____ M _____ L _____ XL _____

Entry fees: (pre-reg by Apr.10/late/day of)

•50K - \$45/\$55/\$60 _____

•50K relay - \$60/\$70/\$75 _____

•10k - \$15/\$18/\$20 _____

(t-shirt + \$5 for 10k)

SWEATRC discount- (-\$2) _____

Sunsweet POP (-\$1 each) _____

TOTAL _____

(checks to Team Sunsweet)

Waiver: In consideration of your acceptance of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against Team Sunsweet, Sunsweet, SWEATRC, Dairyville Community Club, BLM, Tehama County, volunteers and any sponsors of the race, their successors and representatives, for any and all injuries suffered by me while traveling to and from and participating in the **SUNSWEET WILDFLOWERS 50K/50K RELAY, OR 10k** races. I attest and verify that I have full knowledge of the risks involved in this event including but not limited to those caused by terrain, wildlife, weather, athlete condition, vehicle, other participants, and lack of hydration, that I will assume those risks, that I assume and pay my own medical emergency expenses in the event of an accident, illness, or other incapacity, regardless of whether I have authorized those expenses, and that I am physically fit to participate in the event. I grant permission to use my likeness taken in connection with this event without compensation. I have read the entry information provided for the event and certify my compliance by my signature. I certify that all information on this form is true and complete.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____