PARTICIPATION: Runners may participate on only one team, and may run only one leg. Your team will compete only against those in the same classification for awards.

VISIONS: There will only be one type of relay this year, consisting of the approximate mileages, in order (exact mileages are noted on 'Course Guide'): 10-5-5-10-5-5-10.

Division A: A.A.U. Registered Clubs, Colleges, Universities, JC's & Armed Service (all same branch) teams. Members of school teams must be full-time students at the same institution. No age requirements.

Division B: Non-affiliated Groups (pickup teams). No age requirements.

Division C: High Schools (same school)...no coaches; must be full time registered students.

Division D: Boys Age-Group (same club or same school only)...must not have reached 14th birthday (age 13 & under). Birthdate (not birth year) determines age.

Division E: Men's Masters A.A.U. Clubs...must have reached 40th birthdate (year of birth not used in determining age). All members must be from same club.

Division F: Men's Masters Pickup Teams: - Same age requirement as Div. E. but mem-

bers may be from various clubs or be unattached.

<u>Division G: Women's A.A.U. Clubs or schools...</u>no age limitations, but members must all be on same club or be full-time students at same school (high school or college).

Division H: Women's Pickup Teams: - Members may be from various clubs or be unattach-

ed...no age requirements.

<u>Division I: Women's Masters Teams: - Must be 40-or-over (see Div. E for birthdate restrictions) and may be from various clubs (or same club).</u>

***Note: - Women may compete on any team (Div. A thru I), as it was felt no favorable advantage would be gained thereby, but men may not compete on any women's teams (Div. G thru I). --- We will remain flexible, and if there is enough demand, we may add other divisions...but there must be at least two verified teams wanting to compete.

AWARDS: All competitors (teams that finish) will receive some award. Those not receiving special plaques (see below) will receive finisher ribbons. There will be 196 special plaques (about 4"x5")—to be distributed as noted below...these are specially designed by the Trophy Center (John Crevelt) in Redwood City.

Plaques: Top teams in each division will receive 7 plaques to distribute amongst their members, with the following awards breakdown: (Total of 196 plaques)
Div. A--8 Teams; Div. B--8 Teams; Div. C--4 Teams; Div. D--1 Team;
Div. E--2 Teams; Div. F--1 Team; Div. G--2 Teams; Div. H--1 Team;
Div. I--1 Team.

Special Perpetual Plaques: FAST TEAMS: Plaque to fastest men's team and fastest women's team. Plaques may be kept one year and returned the following year. FAST INDIVIDUALS: Plaque will be given to the fastest individual runner on each leg (7 total). Also to be returned after one year.

RECORDS: (Fastest Legs): #1--Mark McConnell/CabrTC 49:30 ("Legendary Walt Stack Award");

#2--Fred Emerling/WVTC 22:50 (Stanford R.C. Award); #3--Skyler Jones/WVTC 28:12
(Pregnancy Control Center Award); #4--Jim Nuccio/WVTC 48:16 (John Crevelt Trophy Center Award); #5--George Stewart/WVTC 26:04 (Sacramento Slim Award); #6--Shawn James/WSTC 23:35 (Larry Lewis Award); #7--Bill Clark/WVTC 56:57 (City of Half Moon Bay Award). *** (Fastest Overall Team): West Valley T.C. (Zapata, Emerling, Jones, Nuccio, Stewart, Harris, Clark) 4:18:12 (1974) (City of Half Moon Bay Award). *** (Fastest Foxes): West Valley T.C. Women (Ullyot, Tomei, White, Bunz, Clark, Himmelberger, Lyman) 5:40:10 (Tentative Ten Track Club Award).

T-SHIRTS: Available before raceday for \$3.25 by mail (M,L,XL only), or on raceday for only \$3.00. We may order some smalls for raceday. These are 2-color shirts w/trim.

PICKUP TEAMS: - If you don't have a team before raceday, come anyway...there will be a lot of others in the same situation!

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