

FIRST ANNUAL WEST VALLEY
MARATHON & WESTERN REGIONALS



MARCH 7, 1971

FIRST ANNUAL WEST VALLEY MARATHON & WESTERN REGIONAL MARATHON

SUNDAY, MARCH 7, 1971

Date: Sunday, March 7, 1971. Start at 9 am SHARP!

Place: Burlingame, California. Start and finish at Burlingame High School, Carolan Ave. & Oak Grove Ave. Take Broadway exit off Bayshore Frwy. and turn left onto Carolan Ave. (first street before railroad tracks). High School is about one mile south on Carolan.

Check in: Entries will be taken from 7 am until 8:45 am. No entries will be accepted after this time. You are encouraged to send in your entry early so you will have your name printed in the souvenir program. Your name will not be in the program if your entry is received after February 27.

Entry fee: Entries will be \$3.00 per person, no exceptions. There will be no late entry fee. The only penalty will be the failure to have your name printed in the program. Checks should be payable to West Valley Track Club.

Sponsored by: West Valley Track Club and many local merchants who will be listed in the souvenir program.

Sanctioned by: Pacific Association of the A.A.U.

Distance: Full marathon distance. CERTIFIED 26 miles 385 yards.

Eligibility: Open to all amateur athletes. If runners do not have a valid 1971 AAU card, one MUST be obtained from the PA-AAU office, Suite 601, 942 Market St., San Francisco, Cal., 94102. (Or other district offices if competitor is not from Pacific Association). No runner will be allowed to compete officially without AAU card.

Awards: Be sure and fill out the proper division on the entry form. No individual can compete in two divisions. Thus, a runner cannot win both an open award and another award too. Only exceptions are the special division awards. Individuals can qualify for father-son, mother-daughter, and 200 pounder (weighed before racetime) prizes and other prizes.

1. All finishers will receive a special T-shirt with a West Valley Marathon insignia on it. Indicate size on entry form.
2. Open: Winner will receive a Perpetual Trophy (to be kept by him for one year). Large medallions will be awarded to the top 10 finishers.
3. Under 15: Large medallions to the top three finishers.
4. Under 19: Large medallions to the top three finishers.
5. 40+, 50+, 60+: Large medallions to the top three finishers in each category.
6. Women: Large medallions to the top three finishers.
7. Special Awards: First 200 pounder, first father-son, first mother-daughter.
8. Teams: Large medallions to runners on first 3 teams (3 score on a team).
9. Merchandise Awards: An unknown quantity of various merchandise awards will be available to top finishers (divisions do not apply here).

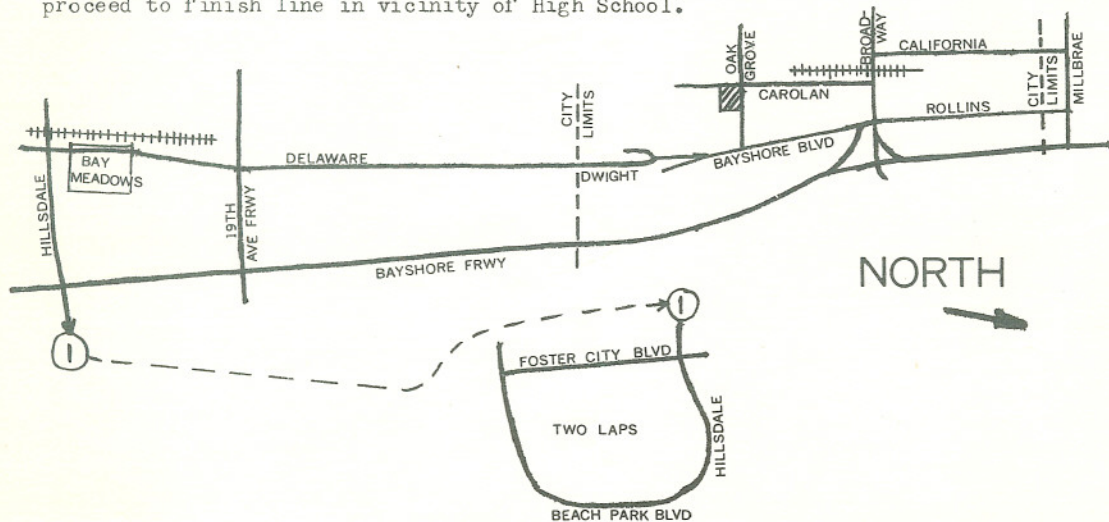
Course: Start & finish at Burlingame High School (see separate sheet for map). Splits will be taken at each 5 miles. Course is very FLAT.

Other: Showers will be available at high school (bring own towel & soap). Awards ceremony afterwards at high school (approx. 1 pm). Further instructions will be given to you on race day in your packet. Course will be well marked with flags, etc. Mile markers. Refreshment stations every 5 miles or less.

WEST VALLEY MARATHON

(Map of Course)

Description: At the time of printing of entry blanks the course was in the process of being certified and thus, the map below is not entirely correct. Generally speaking, the course is correct for the first 25 miles but we are currently in the process of altering the last mile or so because we want the finish to be at Burlingame High School. The map below is not to scale. A complete and accurate map of the course will be given to all competitors before the race. Each runner will receive a packet on the morning of the race with complete instructions, souvenir program, number, pins, etc. Also watch the West Valley Newsletter (February issue) for course changes. We should have the course certified in time to include an accurate map in the February issue. There will be a police escort for the race and for the most part the runners will run WITH the flow of traffic, not against it. Complete details will be given upon certification. The race begins at Burlingame High School at the corner of Oak Grove Ave. and Carolan Ave. From there the runners will go directly north on Carolan to Broadway. At Broadway make a left across the RR tracks and take a right on California. Follow California to Millbrae Ave. and then turn right, proceeding to Rollins Rd. (just across RR tracks). Right on Rollins to Broadway. At Broadway proceed straight across a five way intersection to Bayshore Blvd. (frontage road). Then follow Bayshore south to Dwight Rd., making a right on Dwight. Proceed several blocks to a Y-intersection and bear left at intersection (staying on Dwight, not Clarendon Rd.). Dwight changes to Delaware at the San Mateo City limits. Follow Delaware south under 19th Ave. Frwy. (Rte. 92) and into entrance to Bay Meadows race track. Parallel the railroad tracks through the race grounds and out the south exit. Then take a left on E. Hillside Blvd. (after going over the overpass) and follow Hillside east across Bayshore Frwy. and into Foster City. At intersection of Hillside and Foster City Blvd. go straight (staying on Hillside). You will make two (2) laps from this intersection as follows: follow Hillside around edge of Foster City. It turns into Beach Park Blvd. At the intersection of Beach Park and Foster City Blvd. make a right and go back to the Hillside-Foster City Blvd. intersection, completing your first lap. Make one more lap and upon completion, bear left on Hillside and return over same course (through Bay Meadows, Delaware, Dwight to Bayshore Blvd.). You will make a slightly different turn into Bay Meadows that will be clearly marked on race day. Follow Bayshore Blvd. to Oak Park Ave. Make a left onto Oak Park & proceed to finish line in vicinity of High School.



WEST VALLEY MARATHON

OFFICIAL ENTRY BLANK

(Print Clearly)

In consideration of your accepting 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 the Amateur Athletic Union of the United States, the Pacific Association of the A.A.U., the West Valley Track Club, any and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in, the West Valley Marathon and Western Regionals, to be conducted March 7, 1971 at Burlingame, California.

Signature _____ Date _____

Parent's Signature _____ Date _____
(if under 21)

FULL NAME: _____ AGE: _____

ADDRESS: _____
Number Street City

State ZIP CODE PHONE: _____

DATE OF BIRTH: _____ AAU#: _____
Month/Day/Year

REPRESENTING: _____
(Club, School, Unattached, Service) - AAU District

SHIRT SIZE: _____ \$3.00 ENTRY FEE ENCLOSED? _____
(S, M, L, XL)

DIVISION ENTERED: _____
(Open, 40+, 50+, 60+, Women, Under 19, Under 15)

SPECIAL AWARDS: _____
(Father-Son, Mother-Daughter, 200 Pounders)

DO YOU DESIRE FREE LODGING? _____ (Requests must be in by March 1)

**MAIL ENTRIES TO: Jack Leydig, 603 So. Eldorado, San Mateo, Ca. 94402

MEDICAL STATEMENT FOR LONG DISTANCE RUNS

Have you ever suffered from, or been told by a physician or other qualified individual that you had any of the following? Give dates and explain any "YES" answers in detail. (Use separate sheet)

Heart or Circulatory Malfunction or Illness _____
Kidney, liver or central nervous system disorder _____
Other systemic disorder or illness _____
Major illness in the past 12 months _____
Fractured bones in the past 12 months _____

Has any physician or other qualified individual advised you against running in this or any other long distance racing event? _____

Intending to be legally bound, I certify that, to the best of my knowledge, the foregoing information is correct and my training and health are adequate for me to safely compete in long distance runs, including the marathon.

Signature _____ Date _____

Parent's Signature _____ Date _____
(if applicant is under 21)

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FREE LODGING: A limited amount of free lodging will be made available to certain individuals on a basis of first-come first-served. The lodging will be made available by members of the West Valley Track Club (homes). To qualify, merely indicate YES or NO on the other side of this form (at bottom). We will accomodate "out-of-Association" athletes first, and then those at distant points within the Pacific Association. If you desire free lodging, act immediately. No requests will be honored after March 1 except under unusual circumstances.

RACE PROGRAM: All participants will receive a souvenir program in their packets on race day. Unless your entry is received by February 27, your name will not be included in the program. The program will be in booklet form and is worth sending in your entry early.

WESTERN REGIONAL MARATHON: The West Valley Marathon is also the Western Regionals this year. The winner will be sent to the National AAU Marathon in Eugene, Oregon on June 6, Sunday.