



7 Man Teams

**2ND ANNUAL
CHRISTMAS RELAYS
- 50 Miles -
Santa Cruz to Half Moon Bay**

Sunday, December 15, 1974

SANCTION #603

TIME: Registration from 7:30 until 8:50 am. Race starts at 9:00 am sharp, all divisions.

PLACE: Registration at Univ. of California at Santa Cruz (see map). Gym facilities will be available for dressing. Directions to registration location will be posted near Barn Theater (see map) on raceday. Race will finish near the I.D.E.S. Hall on Main St. in Half Moon Bay...note (race will run south to north this year and probably in all future years.

SANCTIONED BY: Pacific Association of the A.A.U. SPONSORED BY: West Valley Track Club.

ELIGIBILITY: Open to all amateur athletes. All entrants must have a valid A.A.U. card (1974 or 1975), and number must be noted on entry blank or presented on raceday. Cards may be obtained thru A.A.U. Office (942 Market St., Suite 601, S.F. 94102) or on raceday.

ENTRY FEES: \$10.00 per seven-man team...no exceptions. Checks payable to West Valley TC. There is no late fee, but if you enter prior to raceday, please enclose your fee.

TRANSPORTATION: All entrants will provide their own transportation between relay points.

FACILITIES: Rest rooms at Univ. of California (Santa Cruz) gymnasium and at a very few locations along the relay route (Davenport, Pescadero, San Gregorio, and several State beaches). Suggest you bring your own toilet paper. There will be showers at the finish area, probably at Cunha Intermediate School (Kelly & Church in H.M.B.).

AWARDS SITE: Probably at Cunha Intermediate School or nearby the finish area...to be announced on raceday. Awards presentation will begin as soon after the majority of the teams finish as possible.

AID-STATIONS & REFRESHMENTS: No aid-stations supplied by sponsors since legs are so short and weather will probably be cool. It is permissible for each team to furnish its members with aid during the relay, but no pacing will be allowed by unofficial entrants. Any team suspected of being paced by runner or cyclist may be disqualified.

BATONS: Batons are not necessary, but exchanging runners must at least touch hands.

NUMBERS: Each team will be issued a set of 7 numbers with your division letter & a number indicating your team. These must be worn in front so as to be clearly visible at exchange points and finish.

EXCHANGE POINTS & SIDE OF ROAD TO RUN ON: Runners will run against traffic at all times except during the first part on Glen Coolidge Rd. Stay as close to the edge of the road as possible, especially on Hiway 1, where there is a good shoulder most of the way, but there is much high speed traffic...keep alert. The first mile after the exchange at 40 miles is very narrow, so be careful. All exchange points are not at even 5 or 10 mile intervals since large parking areas were a prerequisite.

COURSE GUIDE

The following descriptions are of each exchange point will be helpful in locating them on raceday. Distances are not exactly 5 or 10 miles because of necessity of finding good parking spots...but all distances are very close. White mileage signs used as markers.

First Leg: 10.194 Miles--Downhill for several miles from start at UCSC, then mostly level and gentle rolling hills. Exchange at a point just south of Hiway sign 26.40. Parking at large turnout on west side of road.

Second Leg: 4.811 Miles--Mostly rolling with several pretty good ones. Exchange at a point just north of Hiway sign 30.93. Parking area on west side of road.

Third Leg: 5.480 Miles--Mostly level with a good downhill at the end. Exchange at just north of Waddell Creek. Large parking area west of hiway.

Fourth Leg: 9.537 Miles--Mostly level with a few long gradual hills. A pretty easy leg. Exchange point just north of Hiway sign 8.46. Long shoulder on west of hiway.

Fifth Leg: 5.103 Miles--Fairly level terrain for all of this leg. Exchange point at Pescadero Rd. (just north of Hiway sign 13.50). Large parking area on west.

Sixth Leg: 4.511 Miles--Rough leg...a lot of rolling hills with long downhill at the end. Exchange at Hiway 84 to San Gregorio. Large beach parking area.

Seventh Leg: 10.364 Miles--Long (about 1.5 miles) uphill; narrow shoulder, be very careful. Followed by long (mile) downhill and then another good uphill, with the rest of the leg being gently rolling and level. A very tough leg. Finish down Main St. near I.D.E.S. Hall (Correas St.). There will be a guide to show you where to cross Hiway 1 to get to Main St.

*****IMPORTANT:** -Run facing traffic at all times unless directed otherwise. Failure to keep to left of roadway will result in disqualification of your team and possibly loss of a life! Most of the race is on Hiway 1, with high-speed traffic, so keep alert for careless drivers.

ENTRY BLANK

Cut off and return with \$10 Entry Fee to: West Valley TC, P.O. Box 1551, San Mateo, CA 94401

Waiver: In consideration of your accepting 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 the A.A.U. of the U.S., the Pacific Ass'n of the A.A.U., the West Valley TC, the cities & counties through which this race passes, the Univ. of California at Santa Cruz, and any and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by our team while travelling to and from, and while participating in, the 1974 Christmas Relays, to be conducted on Sunday, Dec. 15, 1974.

Date: _____ Signature of Team Representative (21 or over) _____

NAME OF TEAM (Specify 'A' & 'B' Teams if Same Div.) _____

CIRCLE DIVISION ENTERED: A B C D E F G H I *****PLEASE USE PENCIL*****

LIST TEAM MEMBERS (Print Legibly) below (Each member may only run one leg). Age AAU #

NAME (First, Last)	Age	AAU #	4.	5.	6.	7.
1. _____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____

MAIL RESULTS TO: (Captain) _____ (Street Addr.) _____ (City) (State) (ZIP) _____

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.

DIVISIONS: 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.

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

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 members may be from various clubs or be unattached.

Division G: Women's A.A.U. Clubs or schools...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 unattached...no age requirements.

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).

***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 210 wooden plaques (4 x 5 inches) 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 210 plaques)

Div. A--6 Teams; Div. B--6 Teams; Div. C--6 Teams; Div. D--3 Teams;

Div. E--3 Teams; Div. F--1 Team; Div. G--3 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. *** NOTE: We are in need of a sponsor for one additional plaque this year (\$25.00). You may have your name (or whatever) inscribed on this and go down in history as a generous donor! Please give us a call at 415/342-3181 immediately if you're interested.

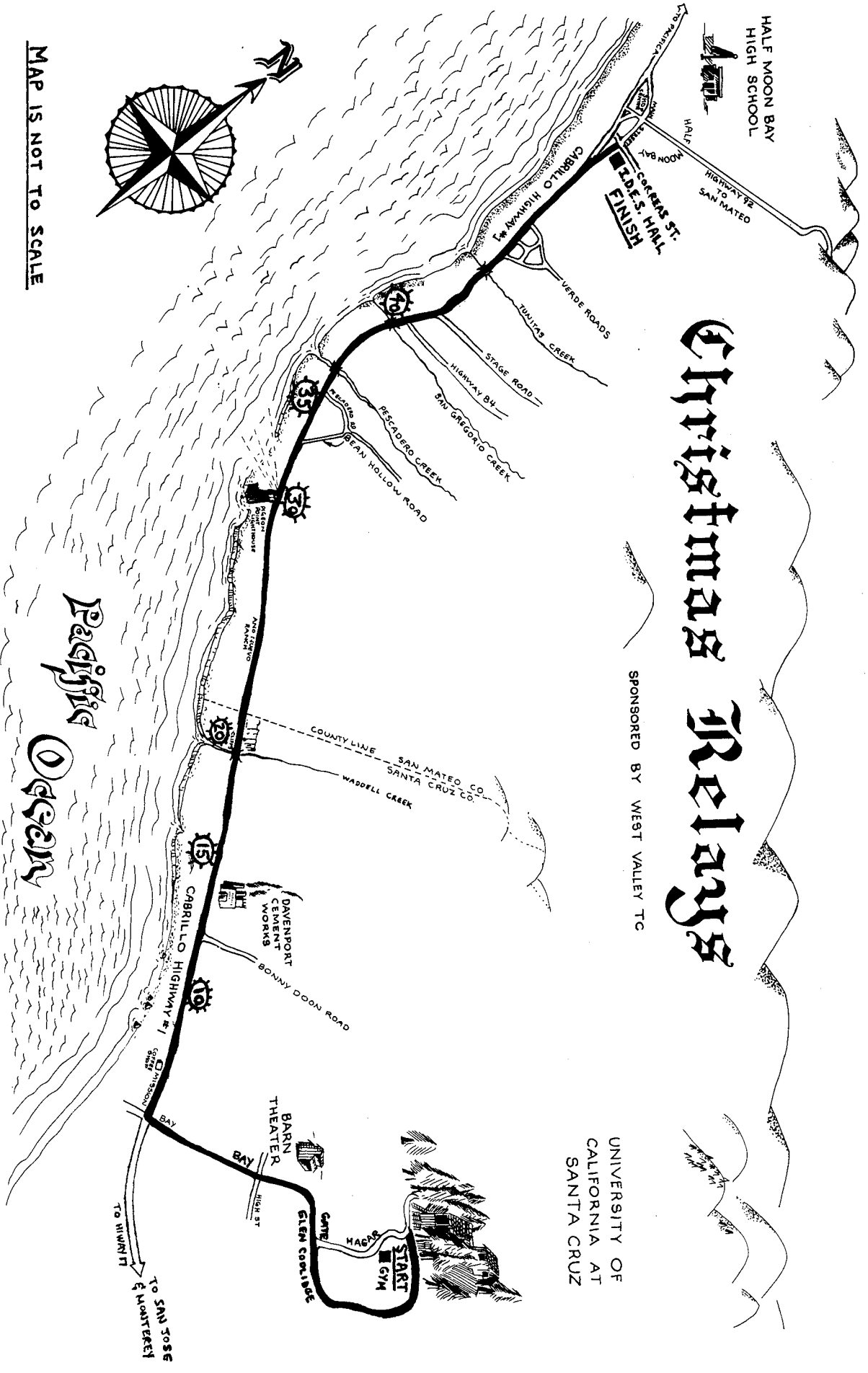
T-SHIRTS: A limited number of special Christmas Relays T-Shirts available on raceday, or by mail...although they may not arrive in time for the race. They are special two-color design and will be sold for \$2.75 (\$3.00 by mail) each. Checks should be payable to West Valley TC and sent to P.O. Box 1551, San Mateo, CA 94401. We also have some 'rare' shirts remaining from last year's once-only H.M.B. to Santa Cruz route. They are going at only \$2.25 each (includes postage)...two colors, Small & Med. only!! Get them while they last because there are only about 2 dozen left.

HALF MOON BAY
HIGH SCHOOL

Christmas Relays

SPONSORED BY WEST VALLEY TC

UNIVERSITY OF
CALIFORNIA AT
SANTA CRUZ



MAP IS NOT TO SCALE