



West Valley Track Club Presents

the 41st Annual



# Christmas Relays

Sunday, December 14th, 2014 9AM

4 person teams; each runner runs one 4.464 mile leg

Lake Merced, San Francisco

**Location:** Start/Finish and all exchange points at Sunset Circle Parking lot, Sunset Boulevard at Lake Merced.

**Registration:**

Early entry fee, online or postmarked by December 6th: \$120 per team with long-sleeved technical shirt; \$72 per team with no shirts.

Late entry fee, after December 6th, online or at the race: \$96 per team, no shirts.

For junior teams, reduce fees by \$1 per runner. For 14 & under teams, reduce fees by \$2 per runner.

Register with no fees online at [www.westvalleytc.com](http://www.westvalleytc.com) or send completed form with payment (checks made payable to West Valley TC) to Christmas Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA, 94087.

Fax entries to (408) 462-9475 or scan and email to [marc@marclundcpa.com](mailto:marc@marclundcpa.com)

**Rules:** Each team member runs one 4.464 mile leg. It is okay to run a leg on more than one team. Women may compete in any of the men's divisions. Team members within the same division may be changed after registration, but division changes must be made at registration.

**Awards:** \$2900 in PAUSATF Grand Prix awards. Ribbons to all finishers. Awards to all members of top division teams @11AM.

**Additional Information:** Visit [www.westvalleytc.com](http://www.westvalleytc.com) or contact Tony Fong at (510) 306-0513 (evenings).



**Division-- code**

Open—OPEN

Women—N

Junior girls, under 19—C

Junior boys, under 19—B

Sub-masters men, 30+—F

Sub-masters women, 30+—X

Masters men, 40+—H

Masters women, 40+—R

Senior men, 50+—L

Senior woman, 50+—T

Men 60+—K

Women 60+—J

Men 70+—P

Women 70+—Z

14 & under—U

(14 & under can be mixed gender, born anytime after 1999)

Family—E

(At least three runners from the same family)

Couples—S

(Two males, two females)

Corporate Open—A

(must work 20h/week at company)

Corporate Women—W

(must work 20h/week at company)

Law enforcement—Y

(members from the same jurisdiction, active or reserves. Police, fire, CHP, etc. Military police if from the same facility.)



**Waiver:** In consideration of your acceptance of our entry, we, intending to be bound, hereby for ourselves, our heirs, executors, and administrators, waive and release forever, any and all rights and claims or damages we may accrue against USATF, West Valley TC, Inc, the City and County of San Francisco, the SF Parks and Recreation Dept., and any and all sponsors of this event, their successors, representatives, and assigns, for any and all injuries suffered by our team while travelling to and from, or while participating in, the 2014 Christmas Relays.

Date: \_\_\_\_\_ Team Representative's Signature: \_\_\_\_\_

Team Name:

If a club or organization enters more than one team in a division, please designate each team with a letter or number (e.g. WVTC-A)

**Circle Division Code: OPEN A B C E F H J K L N P R S T U W X Y Z**

List team members:

	<u>Team Captain</u>	
1. _____	Name: _____	Address: _____
2. _____		
3. _____	Ph: _____	H or W _____
4. _____	email: _____	

