



Memorial Day, 2012
WILLIAM LAND PARK, SACRAMENTO



THE BUZZ OATES GROUP OF COMPANIES

NO EXCUSES 5K

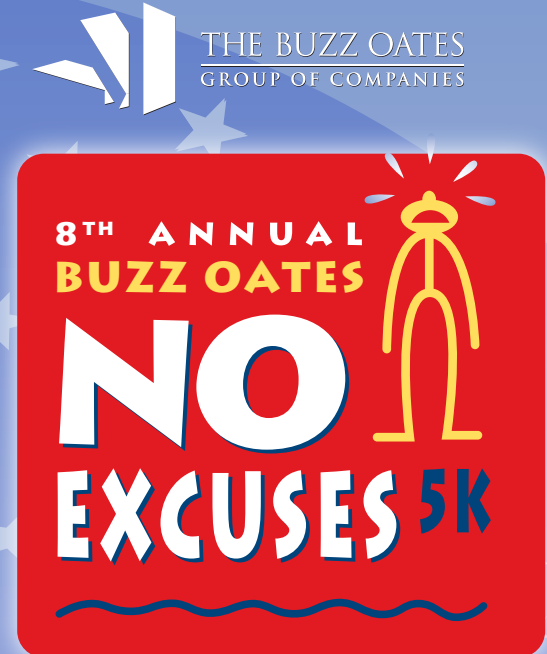
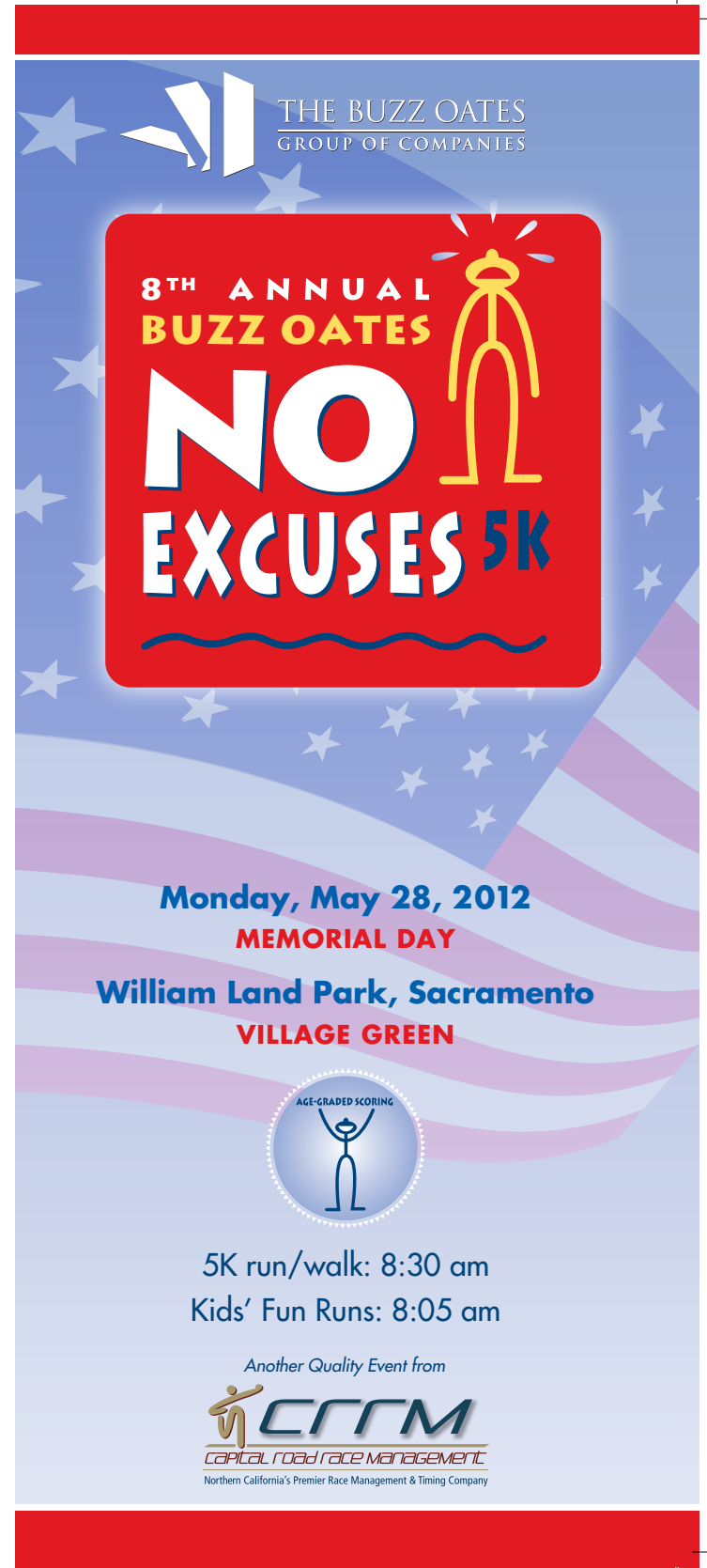
P.O. Box 19027

Sacramento, CA 95819



Memorial Day, 2012
WILLIAM LAND PARK, SACRAMENTO

BENEFITING: Vietnam Veterans of America
Sacramento Valley, Chapter 500



Monday, May 28, 2012
MEMORIAL DAY

William Land Park, Sacramento
VILLAGE GREEN



5K run/walk: 8:30 am
Kids' Fun Runs: 8:05 am



WHAT'S YOUR BEST EXCUSE FOR NOT RACING FASTER?

You forgot your racing shoes? You drank too much the night before? Your iPod was playing a slow song? Your "mojo" wasn't working? One excuse you can't use at the No Excuses 5k is "I'm too old." Our age-graded formula guarantees everyone an equal chance of winning the overall title. All levels of runners and walkers are encouraged to participate in this fun-filled Memorial Day event.

WHAT: 5k Run/Walk (Age-Graded Scoring)
 ¼-Mile Kids' Fun Run (ages 5 and under)
 ½-Mile Kids' Fun Run (Two heats: ages 6-9, followed by ages 10-12)

WHEN: Monday, May 28, 2012 (Memorial Day)
 Race-day Registration from 7 – 8:30 a.m.
 Kids' ¼-Mile Run: 8:05 a.m.
 Kids' ½-Mile Run: 8:10 a.m.
 5K Run/Walk: 8:30 a.m.

WHERE: William Land Park Village Green
 (corner of Freeport Blvd. and Sutterville Rd.)

FEES: \$28 prior to May 20; \$33 thereafter
 \$16 kids 15 & under and Kids' Fun Run participants.

PACKET PICK-UP: You may pick up your race packet and pre-register from 11 a.m. to 7 p.m., Friday, May 25th and from 10 a.m. to 6 p.m., Saturday, May 26th at Fleet Feet Sports, 2311 J St., Sacramento, or on Race Day. **THERE IS NO PACKET PICK UP OR PRE-REGISTRATION ON SUNDAY, MAY 27TH.** Race Day registration will begin at 7 a.m.

PACKET MAIL BACK OPTION: Coming from out of town? We can ease your race-day stress by mailing your bib, timing chip and race shirt to you the week of the event. Simply check the box on the entry form and include an extra \$10 with your registration fee.

REGISTRATION: Register online at noexcuses5k.com thru May 23, 2012. Entry fee increases May 20th. **We highly recommend online registration.**

AMENITIES: Unique age-grading format, whimsical t-shirt, refreshments, music, and awards.

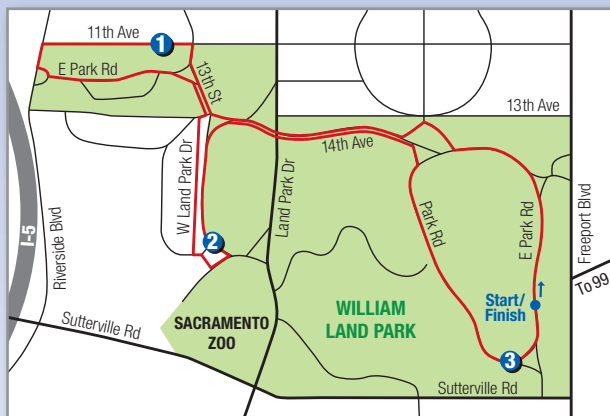
BUZZ OATES RUNSAC RACE SERIES: We are proud to be 1 of the 14 races in the Buzz Oates RunSac Race Series.

AWARDS: Top 50 age-graded finishers receive custom plaques. Overall winner receives special prize. All kids in the ¼-mi. and ½-mi. Fun Runs receive medals while the top boy and girl receive plaques. **Bonus Prize** – the 50th place age-graded finisher in the 5K takes home a beautiful leather recliner generously donated by Casa Bella Home Furnishings & Accessories.

HOT SEAT: The race results will continue to change as older and younger participants finish. The 50th place age-graded finisher is required to sit in the Buzz Oates "Hot Seat" lounge chair at the finish line until the results change and he/she is displaced. When the results are final, the 50th place finisher not only wins the coveted "50th Place" plaque, but also takes home the lounge chair donated by Casa Bella Home Furnishings & Accessories.

DIRECTIONS: From Hwy. 99 north or south, take the 12th Ave. exit. Head west on 12th Ave. approximately 1 mile. 12th Avenue dead-ends into William Land Park. Turn left at the park onto Freeport Blvd. Head one block on Sutterville Rd. From Hwy 5, north or south, head east on Sutterville approximately ¾ mi. to southeast corner of park. Plenty of parking is available along Sutterville Road. (Use 1950 Sutterville Rd., Sacramento 95822 for MapQuesting)

COURSE: Flat, fast scenic loop through beautiful William Land Park.



HANDICAP EXPLANATION:

The handicaps for the No Excuses 5k are calculated using the international age-grading tables. These tables use statistics gathered over many years of performances by runners of all ages. For a detailed explanation of age-graded scoring and the handicap table used for our event, please visit noexcuses5k.com

RESULTS: Results will be posted online at noexcuses5k.com and capitalroadrace.com by 5 p.m. on race day.

QUESTIONS: Contact the race director, Rich Hanna (916) 492-8966 or info@capitalroadrace.com

BENEFITING: Vietnam Veterans of America Sacramento Valley, Chapter 500

THE BUZZ OATES GROUP OF COMPANIES
NO EXCUSES 5K



Registration: \$28 (\$16 for kids 15 and under, and Kids' Fun Run participants) payable to CRRM postmarked by May 20, 2012. Complete form, sign waiver, enclose check and mail to: **CRRM, P.O. Box 19027, Sacramento, CA 95819.**

OFFICIAL USE ONLY

Circle one	<input type="checkbox"/> M	<input type="checkbox"/> F	On race day	<input type="checkbox"/> 5K run/walk	<input type="checkbox"/> Kids' ½-mile	<input type="checkbox"/> Kids' ¼-mile	<input type="checkbox"/> Please mail my packet to me (add an additional \$10)
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