



USA TRACK & FIELD SM
PACIFIC

LONG DISTANCE RUNNING

LDR **BANQUET**

**Recognizing the top PAUSATF Road,
XC, and MUT Grand Prix Runners
and Clubs in 2010**

SAT JANUARY 29

**Coast Guard Island
1800 Dennison St
Oakland, CA
5 - 9 PM**

\$30 ea / \$225 table of 8



Donations Accepted

Sponsorship Opportunities Exist

Club Specials



**Guest Speaker Andy Chan
High school coach of 1500m
Olympian and World Championship
bronze medalist Shannon Rowbury**

**~ TICKETS ~
available online
starting in December**

WWW.RUNUSCG.ORG



**Questions?
ken@runuscg.org
206-313-1343**



**COAST GUARD
RUNNING**