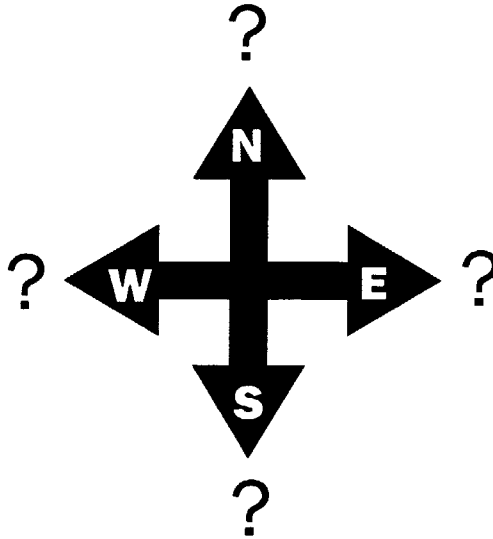


JPL Running Club's 16th Annual

Arroyo Seco Freako Microthon



Date: *May 1, 1990*

Time: *11:40 AM*

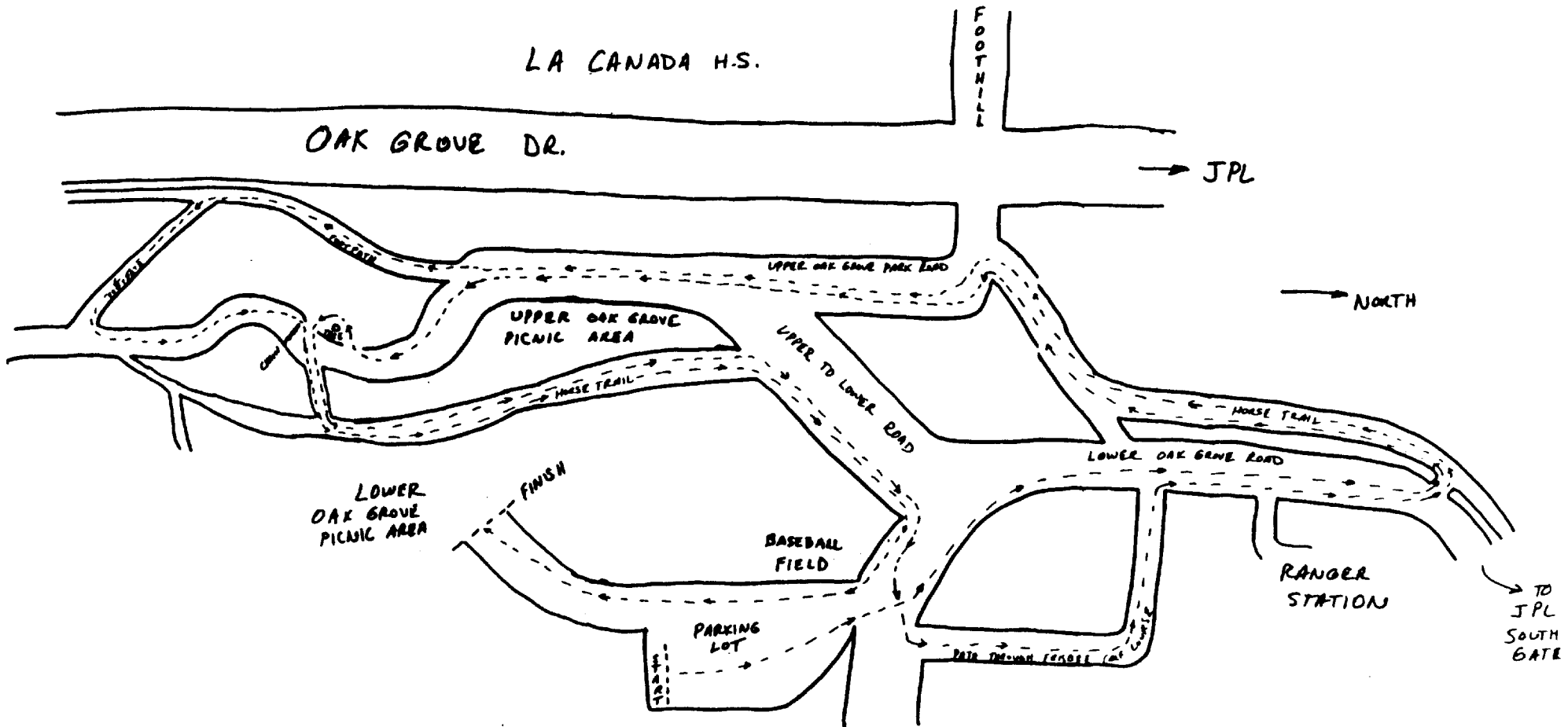
Place: *Lower Oak Grove Park (see reverse side)*

Distance: *5 km*

The 16th Annual JPL Arroyo Seco Freako Microthon will be held over the challenging 5-km course through Oak Grove Park. This is the same tricky course run for the past 5 years. A map is included on the reverse side, which may only add to your confusion. We'll have course monitors out there for you, but you might want to familiarize yourself with the course before the race. Otherwise, you'll have to rely on the race course monitors and course markings.

Please arrive promptly by 11:40 to allow time for registration and instructions. The race will finish in the Lower Oak Grove picnic area, with the club providing the drinks. For those who get lost and finish late, there's a water fountain by the baseball field!

All participants will receive ribbons immediately after the race. Medals will be awarded to the 1st, 2nd, and 3rd place men and women runners for the age categories of under 36, 36-50, and over 50. Runners of all abilities are encouraged to participate.



ARROYO SECO FREAKO MICROTHON

Map of Course