The Redding Marathon Events
January 19, 2020

START TIMES AND LOCATION
Marathon & Marathon Relay 8:00 A.M.
STARTS at the Shasta Dam Parking Lot. Runners will cross Shasta Dam and descend to the paved rail trail for a beautiful winter run. Please refer to the race website for course updates.

SUNDIAL 5K
@ the Sundial Bridge
9:00 A.M.
Challenge yourself to a 5k run /walk and once finished, cheer on the 1st marathon runners crossing the finish line.

RELAY INFORMATION
Relay leg distances
Leg 1 10.3
Leg 2 10.3
Leg 3 6.2
Bus transportation is available to the 2nd and 3rd hand of leg. 1st leg starts with the marathon runners.

BOSTON QUALIFIER
# CA19001RS
Info: 530-515-6157
www.reddingmarathon.org
www.sweatrc.com
online reg -> runsignup.com

Note: Parent or guardian must sign for participants under 18.

Packet Pick-up
6:15-7 AM AT THE BUS LOADING IN FRONT OF THE SUNDIAL BRIDGE AT TURTLE BAY

Race Morning
6:15-7 AM AT THE BUS LOADING IN FRONT OF THE SUNDIAL BRIDGE AT TURTLE BAY

RACE DAY
Aid Stations
There will be 11 aid stations on the marathon course. Marathon aid stations will be stocked with water and electrolyte drink and energy gels will be available at specific aid stations later on course.

Drop Bags
Drop bags will be collected at the race start and delivered to the finish line and to Keswick Boat Ramp for 1st leg relay runners. All Marathon and Marathon Relay finishers will receive a custom finisher’s medal.
There is a 7 hour cut off for the marathon.

Late Registration from January 1st to Race day.

NOTE THERE IS NO TRANSPORTATION BACK TO THE STARTING LINE AFTER RACE)
SWEAT Running Club and Chico Running Club members may subtract $5.00

I plan on taking the FREE bus to the marathon starting line at Shasta Dam
Yes ___ No ___

I, on behalf of my undersigned, assume all risks and waives, releases, and agrees to indemnify and hold harmless SWEAT Running Club, USA Track & Field, Bureau of Land Management, contractors, and any persons, property, and facilities for any and all claims, damages, or expenses caused or alleged to have been incurred by any person or entity as a result of participation in the Redding Marathon events.

Relay Member ____________________________________
Age ______ Gender ______

Entry must be postmarked by December 31, 2019 for early pricing and guaranteed 1/4 zip shirt.

Entry Form please mail to:
Redding Marathon Events - PO Box 990188
Make checks payable to SWEAT RUNNING CLUB

City/State/ZipCode ____________________________

Relay Member ____________________________________
Age ______ Gender ______

MARATHON RELAY 5K WITH SHIRT 5K W/OUT SHIRT 5K 13 and under
$120 $25 $15 FREE (shirt $15).

SWEAT Running Club and Chico Running Club members may subtract $5.00

Total Amount Enclosed: $ _________

MASTERS: In consideration of the receipt of your entry fee, I, ________, of the age of ________, do hereby for myself, my heirs, executors, and administrators, and assigns, waive and release forever any and all rights, claims, or damages I may have against SWEAT Running Club, USA Track & Field, Bureau of Land Management, contractors, and any persons, and facilities for any and all claims, damages, or expenses caused or alleged to have been incurred by any person or entity as a result of participation in the Redding Marathon events. I hereby assume and pay all medical expenses in the event of an accident, illness, or other incapacity, regardless of whether I have authorized such expenses, and that we are physically fit to participate in this event. The grant permission to use our likeness taken in connection with this event without compensation. We have read the entry information provided for the event and certify by our signatures that all of the information on this form is true and complete.

Signature ____________________________________

NOTE: Parent or guardian must sign for participants under 18.

Signature ____________________________
Relay Member ____________________________

Signature ____________________________
Relay Member ____________________________

Relay Member ____________________________________
Age ______ Gender ______

Ladies ___ M ___ L ___ XL ___ Men's ___ M ___ L ___ XL ___ XXL (add $5.00)