

Entry Form please mail to:

Redding Marathon Events - PO Box 990188
 Make checks payable to SWEAT RUNNING CLUB

Last Name _____ First Name _____

Address _____

City/State/ZipCode _____ / _____ / _____

Age on race day _____ Gender _____ Phone (_____) _____

EMAIL ADDRESS *Please print clearly!* _____

Relay Member _____ Age _____ Gender _____

Relay Member _____ Age _____ Gender _____

Long sleeve 1/4 zip tech shirts are included in the marathon . Marathon relay will receive a long sleeve tech tee.. Indicate quantity in space provided. Additional 1/4 zip shirts \$30.00

Ladies S ___ M ___ L ___ XL ___ Men*s S ___ M ___ L ___ XL ___ XXL(add\$5.00)___

ENTRY FEES

Entry must be postmarked by December 31, 2018 for early pricing and guaranteed 1/4 zip shirt.

MARATHON	MARATHON RELAY	5K WITH SHIRT	5K W/OUT SHIRT	5k 13 and under
\$80	\$120	\$25	\$15	FREE (shirt \$15).

Late Registration from January 1st to Race day.

MARATHON	MARATHON RELAY	5K WITH SHIRT	5K W/OUT SHIRT
\$90	\$150	\$ 35	\$25

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

(NOTE THERE IS NO TRANSPORTATION BACK TO THE STARTING LINE AFTER RACE)

SWEAT Running Club and Chico Running Club members may subtract \$5.00 **Total Amount Enclosed : \$ _____**

WAIVER: In consideration of your acceptance of our entry, we, intending to be legally bound, do hereby for ourselves, our heirs, executors, and administrators, waive and release forever any and all rights and claims or damages we may accrue against SWEAT Club, USA Track & Field, Bureau of Reclamation and Bureau of Land Management, volunteers, and any sponsors of the race, their successors, and representatives, for any and all injuries suffered by our members while traveling to and from and participating in the Redding Marathon, Relay & 5K. We attest and verify that we have full knowledge of the Risks involved in this event, including, but not limited to, those caused by terrain, wildlife, weather, condition of the athlete, vehicle, other participants, and lack of hydration, that we will assume those risks, that we will assume and pay our own medical emergency expenses in the event of an accident, illness, or other incapacity, regardless of whether we have authorized such expenses, and that we are physically fit to participate in this event. We grant permission to use our likenesses taken in connection with this event without compensation. We have read the entry information provided for the event and certify our compliance by our signatures. We certify that all of the information on this form is true and complete.

Signature _____

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

Signature _____ Signature _____
 Relay Member _____ Relay Member _____

**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 9.7
 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

PACKET PICK-UP

Friday, January 17, 2020
 1:00pm-6:00 pm
Saturday, January 18, 2020
 11:00am-5:00pm

Fleet Feet Sports
 1376 Hilltop Drive, Redding
 530-226-0600

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.

No Refunds will be issued