

# RUN the WHISKEYTOWN RELAYS @ LemaRanch / McConnell Foundation

## A 4x4 Challenge

<b>4 Men</b> <input type="checkbox"/> 79 & under <input type="checkbox"/> 80-99 <input type="checkbox"/> 100-119 <input type="checkbox"/> 120-159 <input type="checkbox"/> 160-199 <input type="checkbox"/> 200-239 <input type="checkbox"/> 240-279 <input type="checkbox"/> 280 & over	<b>4 Women</b> <input type="checkbox"/> 79 & under <input type="checkbox"/> 80-99 <input type="checkbox"/> 100-119 <input type="checkbox"/> 120-159 <input type="checkbox"/> 160-199 <input type="checkbox"/> 200-239 <input type="checkbox"/> 240-279 <input type="checkbox"/> 280 & over	<b>Specialty ( 4 person)</b> <input type="checkbox"/> 3 Gals and 1 Guy <input type="checkbox"/> 2 Gals and 2 Guys <input type="checkbox"/> 1 Gal and 3 Guys <input type="checkbox"/> Costume <input type="checkbox"/> Police/Fire <input type="checkbox"/> Married Couples <input type="checkbox"/> Family <input type="checkbox"/> Business (same employer)	<input type="checkbox"/> Running Club  <u>2 Person team categories</u> <input type="checkbox"/> All Male <input type="checkbox"/> Coed  <input type="checkbox"/> All Female
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4 person Men's and Women's category add the ages of all four relay members.

WAIVER: In consideration of your acceptance of our entry, we intend 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 the SWEAT Running Club, USA Track and Field, National Park Service, volunteers and any sponsors of other races, their successors, and representatives for any and all injuries suffered by our members while traveling to and from and participating in The Whiskeytown Relays. 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, weather, condition of the athlete, vehicles, other participants, and lack of hydration, that we all assume those risks, that we all 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 likeness 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 information on this form is true and complete.

**All participants must sign below. The order does not matter. Email address is mandatory!**

1 _____	2 _____
3 _____	4 _____

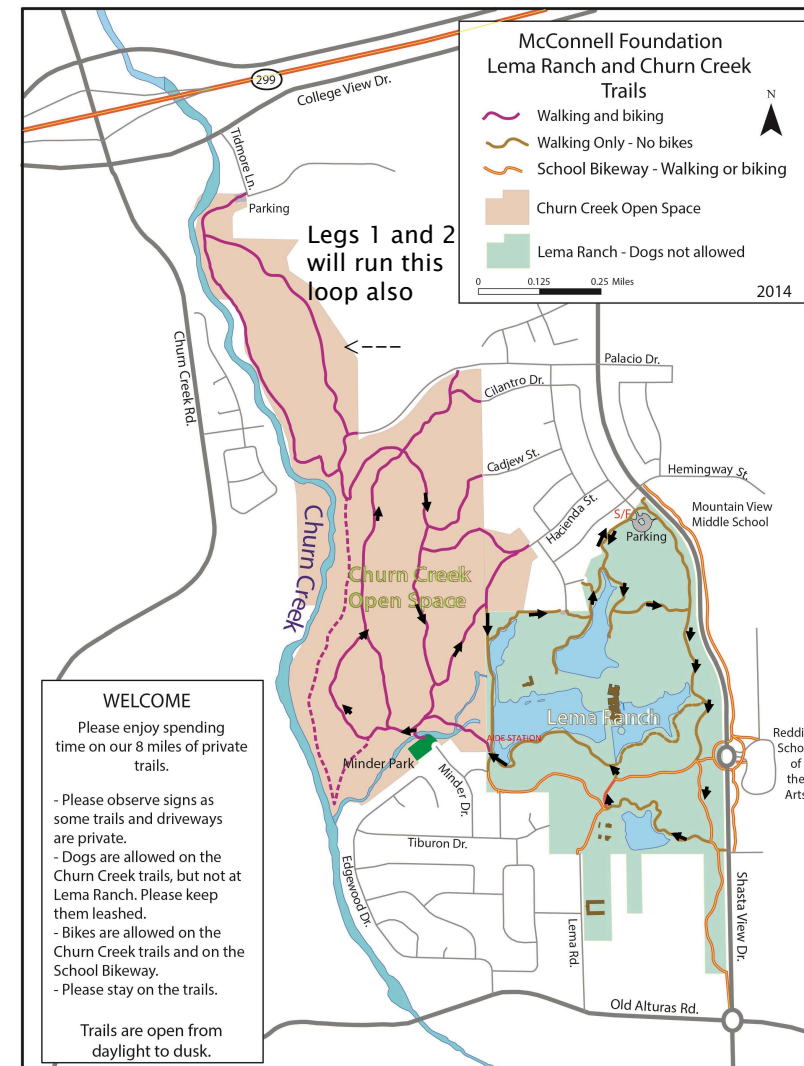
**EMAIL (mandatory)** \_\_\_\_\_ **Phone #** \_\_\_\_\_ **Team Name** \_\_\_\_\_

Name and Address (please print)	sex	gender specific	AGE
	M/F	S M L XL XXL	
	M/F	S M L XL XXL	
	M/F	S M L XL XXL	
	M/F	S M L XL XXL	

**TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_**  
**Make checks payable to SWEAT and mail to P.O. Box 990188 Redding, CA 96099**

**You may also drop your entry off at Fleet Feet Sports in Redding.**  
**INFORMATION: Phone Tori Parks (race director) @ 530-515-6157**

**SWEAT RUNNING CLUB IS A 501C-3 TAX ID 94-3178856**



## Race time : 8AM SEPTEMBER 22, 2019

**LOCATION: LEMA RANCH/MCCONNELL FOUNDATION**

**4person teams \$120.00 2 person teams \$80.00**

Mail entry to PO Box 990188, Redding, CA 96099  
 or drop it off at Fleet Feet Sports 1376 Hilltop Drive Redding  
 Packet pick up and reg available Saturday September 21st  
**Fleet Feet Sports Redding 11am-5pm**

## Leg 1 and Leg 2 - 5.9 miles , leg 3 and leg 4 - 4.0 miles

