

Mail entry to: Whiskeytown Duathlon
PO Box 990188
Redding, CA 96099-0188

Make checks payable to SWEAT

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

AGE on race day _____ SEX M ___ F ___

SHIRT SIZE (GENDER SPECIFIC) S M L XL XXL

Doing the Relay?

Relay Member Name: _____

SEX M ___ F ___

SHIRT SIZE (GENDER SPECIFIC) S M L XL XXL

TEAM NAME _____

INDIVIDUAL (subtract \$10 if under 18 yrs old) \$40.00

TEAM \$60.00

LATE FEE (ADD 10.00) IF AFTER OCT 18, 2016

TOTAL AMOUNT PAID.....\$ _____

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 the SWEAT Running Club, Redding Mt. Biking Club, the National Park Service, 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 Whiskeytown Duathlon. 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 _____

Signature _____

Who We Are

Since 1975 The S.W.E.A.T Running Club has been an integral part of the fitness community in Northern California, promoting health and fitness through running, walking, biking and swimming. The club has hosted over 125 running events since its inception ranging from 5k to 50k. SWEAT also promotes fitness by hosting noncompetitive "fun" runs. SWEAT members volunteer their time at other local running events as a continued effort to promote a healthy community.

The NorCal John Frank Memorial Run, Whiskeytown Duathlon Whiskeytown Relays, Whiskeytown Trail Runs and Redding Marathon provide an opportunity for all levels of runner to compete and have an enjoyable experience.

Proceeds from these runs are placed in a scholarship fund. Annually, SWEAT awards ~\$7,000 to local high school seniors who have participated in track and/or cross country and plan to continue running in college.

It is the purpose of REDDING MOUNTAIN BIKING to promote the sport of Mountain Biking through an organizational establishment that will provide a weekly group ride, varying in the degree of difficulties to encourage both beginner and advanced riders out on the trails, along with establishing a work force of riders for the purpose of trail advocacy.

Redding Mountain Biking will work to maintain existing trails and with in the limits of the law, establish new trails. The Redding Mountain Biking Club hosts the Shasta Lemurian Classic Mountain Bike Race each April as well as weekly club rides throughout the year.

Race Specifics

- **HELMETS ARE MANDATORY**
- **COURSE IS SINGLE TRACK /DIRT ROAD**
- **ONE AIDE STATION ON RUN COURSE**
- **PERFORMANCE SHORT SLEEVE SHIRT TO REGISTERED RACERS**
- **AWARDS 3 DEEP IN SOLO AND TEAM CATEGORIES**



LOCATION:
WHISKEYTOWN NATIONAL RECREATION AREA
REDDING, CA
SHASTA MINE PARKING LOT
October 29,2016
START TIME 9 AM

3 Mile Trail Run
8 Mile Mountain Bike
3 Mile Trail Run

AWARDS

INDIVIDUAL
3 deep in 10 year age groups
Unless >5 in an age group
RELAY TEAM
3 deep men~ women ~coed

PACKET PICK-UP
FLEET FEET SPORTS, REDDING
FRIDAY Oct 28, 2016
12-5 PM

RACE DAY Oct. 29,2016
7:30-8:30 AT RACE VENUE

INFORMATION AND MAPS
www.sweatrc.com
tparksrn@gmail.com
www.active.com
(for online registration)

Refund Policy
No refunds will be issued

WHISKEYTOWN LAKE DAY USE FEE
Will be enforced!!