

Entry Form please mail to:

Redding Marathon Events - PO Box 990188 Redding, CA 96099
 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 1/s tech t. Indicate quantity in space provided. Additional marathon 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
Relay Member _____

Signature
Relay Member _____

The Redding Marathon Events January 20, 2019

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. Finish on the world famous Sundial Bridge.

The Sundial 5k Run 9:00 A.M.

Starting on the north side of the Sundial Bridge, runners will run an out and back on the Sacramento River Trail. #CA16073RS

BUSES

Busing will be available to the start of the Marathon and Marathon Relay and is FREE! Buses will begin transporting runners from Sundial Bridge to the start of the race at Shasta Dam at 6:45. You must arrive early and plan to begin boarding the buses by 6:30. Mandatory busing to the 2nd relay hand-off will eliminate traffic congestion. Bus schedules will be available at packet pickup. All buses depart from the Sundial Bridge.

RELAY INFORMATION

Leg 1 = 9.6 miles

Shasta Dam to Keswick Boat Ramp via the Rail Trail

Leg 2 = 10.4

Keswick Boat Ramp to Diestelhorst Bridge via the Rail Trail and Rock Creek Road

Leg 3 = 6.2 miles

Diestelhorst Bridge to the Sundial Bridge via the Sacramento River Trail.

PACKET PICK-UP

Friday, January 18, 20019

1:00pm-6:00pm

Saturday, January 19, 2019

11:00am-5:00pm

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

Race Morning

Marathon runners 6:00 a.m. to 6:45 A.M.

AT THE SUNDIAL BRIDGE

5K RUNNERS 8:00-8:45
AT THE SUNDIAL BRIDGE

There is NO packet pick-up at Shasta Dam on race morning. Marathon and Marathon Relay runners must plan to pick up their race numbers at one of the locations and times listed above.

RACE DAY

Aid Stations

There will be one aid station on the 5k course and 11 on the marathon course. Marathon aid stations will be stocked with water and Gatorade. 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!

Marathon/Relay time limit: 7 hours

No Refunds will be issued

Info: 530-515-6157
www.reddingmarathon.org
www.sweatrc.com
online reg @ runsignup.com